





This time of year, memories are made around the table. So set the stage for an unforgettable evening by mixing and matching dinnerware and table linens that reflect your holiday style.

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Diblas STRONG ST

























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GOOD HOUSEKEEPING





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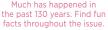
CAKE OR PIE FOR THANKSGIVING? We couldn't decide which one we liked best. Tell us your

pick on Facebook!

COVER CREDITS

Photographed by Mike Garten. Food styling by Christine Albano. Prop styling by Cate Geiger. Pie photographed by Emily Kate Roemer.







1858

Over 100 years before it becomes a Pinterest DIY sensation, the mason jar is patented.



1873

Levi Strauss makes the first classic blue denim jeans. The style is originally referred to as "waist overalls."



1885

Happy birthday to us! The first issue of Good Housekeeping is published.

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1885



1886

Coca-Cola is invented by Dr. John S. Pemberton in Atlanta, where the first glasses sell for 5¢.



Lady Liberty, a gift of friendship from France, arrives in New York Harbor.



then and

There's an app on my phone that pops up periodically with a question: What were you doing 1 year ago today? I know, I know, we should all be a little less tied to our devices, but I'm sentimental. I get sucked right into Timehop's photo time capsule. It's fun to wander down memory lane. In fact, the entire GH team has spent the last couple of months getting lost in the pages of past issues of GH as we've prepared this special anniversary issue just for you. The experience has been enriching, surprising...and occasionally comical (we discovered a '50s shape-up LP in our archives!—see page 119). With this collector's edition, we've merely scratched the surface of all the places this amazing magazine has been over the past 130 years. It's incredible to reflect on how much our lives have changed...and how they've stayed the same. And forward progress is only speeding up. Cases in point: Our phones now ask us questions, and electric ranges like the one below (which you could win, btw!) didn't even exist in 1885. I hope you and your family are able to take advantage of the advances (roast turkey and pie, anyone?) and also get in some good old-fashioned relaxing this holiday season.

Jane Francisco, **EDITOR IN CHIEF**

jane@goodhousekeeping.com FOLLOW ME W @janefrancisco





BIRTHDAY GIFTS - FOR YOU! It's our birthday, and we can give away presents if we want to! How does a \$1,000 gift card from Pier 1 Imports sound? We've got five up for grabs! But that's not all...you could also win our GH Institute's Best of the Test Frigidaire Professional range on page 110 (worth \$2,500). Go to goodhousekeeping.com/pier1 or goodhousekeeping.com/novfrigidaire for details.





kmllibrarian Love cooking on the weekend as I have time to experiment and try new recipes, Sweet Potato Cakes with Kale & Bean Salad from Good Housekeeping. Yummy #sweetpotato #kale #edamame

alarwatts the Alex Myers story is incredibly touching. Stories like these are why I read GH! *Editor's note:* Missed this inspiring transgender story from a GH reader? Go to goodhousekeeping.com /alexmyers.



pinkladybeautyblog Nails

+ some light reading #beauty #nails #goodhousekeeping #ghbeauty #instabeauty Editor's note: See fall's top product picks from the GH Beauty Lab at goodhousekeeping.com /beautyawards.

LET'S CONNECT Keep sharing your #thatsgoodhousekeeping moments. We're sending these readers a special surprise. You could be next!



The Avon Company is founded, giving women a chance to gain financial independence by selling beauty products door-to-door



Susanna Madora Salter takes office as the mayor of Argonia, KS - the first woman ever to hold the position in the U.S.



Years before the Band-Aid is invented (1920), Johnson & Johnson creates the first commercial First Aid Kits, designed to help railroad workers.





FROM SCALY TO HEALED IN 5 DAYS



Prescription strength moisturization without the prescription to heal very dry skin.

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YOUR STYLE

1977



THEN Glam baubles like this pearl stunner, worn by Elizabeth Taylor in our February 1977 issue, were luxe additions to eveningwear. NOW Not just for royalty or celebs, faux gems look better than ever. Pair them with anything—even a sweatshirt and jeans!

\$44 BLING

Top, \$40, everlane.com Jacket, \$129, zara.com.

FALL ESSENTIALS

Luxe for Less

We love a good celebration...and a great deal. So in honor of our 130th-birthday bonanza, score everything on these pages for \$130 or less—way less!





April Franzino
Beauty Director
@aprilfranzino



My skin looks dull since the change of season. Any new tips?

Yes! You might have noticed new high-tech tools hitting beauty counters. These gadgets use sonic vibrations to massage your face, claiming to boost circulation and enhance glow. "The massage can increase circulation and impart a rosy look," GH Beauty Lab Chemist Danusia Wnek confirms. Some devices also promise to help skin treatments penetrate better, improving efficacy, "but there isn't yet sufficient clinical data to prove it," says Wnek.



Facial massager
Clinique Sonic
System
Massage
Treatment
Applicator,
\$35,
Bloomingdale's

HAVE A QUESTION?
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tried + tested

GLOSSES THAT MOISTURIZE

The lush shine you get from lip gloss? So pretty. The flaky, dry feeling left behind? Not so much. Enter the new oil-based glosses, a.k.a. lip oils, which promise the same reflective, dewy look along with lip-softening benefits.

BEAUTY LAB LOWDOWN Most formulas the GH Beauty Lab tried (whether from drugstores or department stores) didn't have the right concentration of oil to be *true* lip oils. Our Lab pick (*right*) did. Natural hydrators like jojoba and hazelnut oils top its ingredient list. It sells out frequently, though—if you see one, grab it!

GH Beauty Lab pick:
Clarins Instant Light
Lip Comfort Oil, \$23



fashion news

NO STYLE LIMIT. NO SIZE LIMIT!

Melissa McCarthy's motto? "When you go above a size 12, you don't lose your sense of style." You said it, sister! Find jeans and tops from the comedy queen's affordable new line, Melissa McCarthy Seven7. in flattering cuts and patterns for anyone size 4 to 28—all from \$54.

Available at nordstrom.com, Macy's, melissamccarthy.com and more.



1889

O Christmas Tree! President Benjamin Harrison decks the halls with the first festive evergreen inside the White House.



1891 Basketball is invented by YMCA coach James Naismith to keep students fit in winter. The first hoop?

A peach basket!



1892

Irish teenager Annie Moore is the first immigrant processed in the Ellis Island Immigration Station, which opens on January 1.





THEN Thanks to the influence of stylish First Lady Jackie Kennedy, structured accessories and tailored feminine shapes were popping up on our pages. NOW Top designer brands like Dolce & Gabbana and Louis Vuitton are bringing the box bag back.



Buriti: THE SUPER HYDRATOR

The fruit of this Amazonian palm, known to natives as the "tree of life," is being touted as giving new life to dry hair and skin. "Buriti oil is an excellent source of antioxidants and moisturizing fatty acids, making it great for softening rough skin and hydrating parched strands," says GH Beauty Lab Chemist Danusia Wnek.

BEAUTY LAB TIP

Because buriti is bright yellow-orange in its pure form, its tint could potentially transfer to skin and hair.
To avoid this, look for a product in which buriti oil is blended with other natural oils.

GH Beauty Lab pick: Aveda Dry Remedy Daily Moisturizing Oil, \$29, aveda.com



trend alert

BOX BAGS

It's never been more hip to be square, as super-structured bags have careened down runways this fall. Hard sides protect everything inside, and the throwback shape adds a dose of glamour to any look. Boxy lady!

\$99, zara.com



most wanted

GLITZY BROOCHES

Pin one to a blouse or cluster a few on a coat for a sparkly touch that's totally timeless.

For how-to-wear-it inspiration, see page 32.



1893

The Gibson Girls, later considered some of the original pinups, are created by illustrator Charles Dana Gibson.

ŧ

Zip it! During the first Chicago World's Fair, Whitcomb L. Judson exhibits his "clasp locker," later known as the zipper.



1893

To-may-to, to-mah-to: The United States Supreme Court legally rules that a tomato is a vegetable.



wacky, does it work?

We're lucky if we have time to wash our faces once—but two times in a row? That's the latest skincare trend from Asia. Double-cleansing, said to be more thorough than a single wash, involves using an oil cleanser to remove makeup and grease, then a foaming or waterbased formula to purify deeply.

BEAUTY LAB LOWDOWN

You don't need to wash twice, the GH Beauty Lab reports, but all complexions can benefit from extra clarifying - especially sensitive or rosacea-prone skin, since fully removing potential irritants (makeup, pollutants) can help keep irritation at bay.



runway to your way

DARK ROMANCE

Your sexy new night-out look: moody, gothic glamour—at a very modern price.





THIS DEAL IS When we found these super on-trend kitten heels in a great color—and at an unbeatable price—the only question left was comfort. So we put them to the test and wore them for a few hours around the office (hey, all in a day's work!). The consensus? They're purr-fectly comfy (sorry, we couldn't resist) and look great with everything from midi skirts to cropped skinny jeans.



The premier modern-day Olympic Games are held in Athens. Winners receive olive and laurel branches and medals



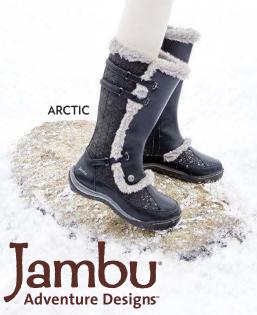
Pennsylvania inventor Alfred L. Cralle patents the ice cream scoop — the same design we still use today.



Counting sheep? The German drug company Bayer launches diacetylmorphine, a.k.a. heroin, to help people with a cough sleep.



Cozy is good for the sole.



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TO THE OFFICE

Swap your buttoned-up blazer for a tailored bomber. Style it with pajama-inspired trousers and sleek loafers to maintain a slim silhouette.

Jacket, \$85, aritzia.com. Turtleneck, Chaps, \$50, kohls.com.
Pants, \$69, loft.com. Clutch, \$29, charmingcharlie.com.
Loafers, \$29, forever21.com.

ON A DATE NIGHT

A fitted two-tone jacket with a bit of shine is just fancy (and fun) enough for evening. Pair with a sexy slip dress and sparkly accessories, and you're ready to hit the town!

Jacket, \$120, burton.com. Dress,

Jacket, \$120, burton.com. Dress, \$20, Primark stores. Bracelet, \$20, T.J. Maxx. Heels, Jessica Simpson, \$89, lulus.com.

1900

Good Housekeeping is bought by the Phelps Publishing Company, and the GH Experiment Station is born.



1901

Gillette invents its
"safety razor," with the
first replaceable blade,
which ends up eliminating
a lot of barber trips.



1901

Food writer Julia Davis Chandler is the first to suggest pairing peanut butter and jelly in a sandwich. Yum! If you're on aspirin heart therapy, switching your pain reliever to TYLENOL® may be a good idea.

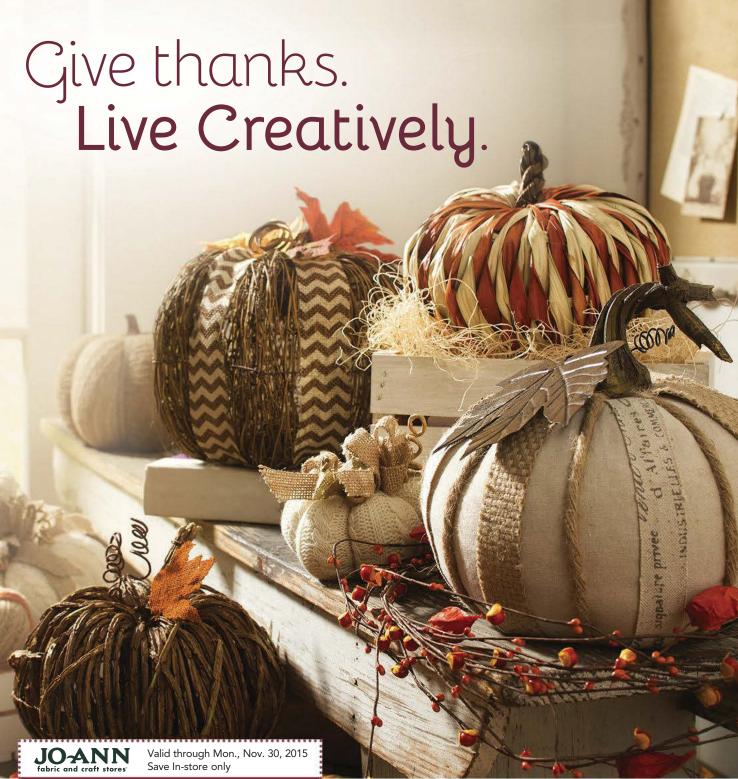


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Select a brow color the same shade as or slightly darker than your hair. Powders leave a soft finish; a tinted gel or cream will also help tame.

Starting at inner corner of each brow, apply color using light strokes. Fill in so brows are the same width across (about ¼ to ⅓ inch), tapering toward ends.

For maintenance, tweeze only the area under your filled-in shape so your brows will naturally grow in fuller over time. From top: Lancôme Sourcils **Gel**, \$24. Peek Beauty Expresso Natural Stain **Brow Powder**, \$22, peekbeauty.co. Revlon Gold Series Slant **Tweezer**, \$13.

REVLON



Test a few reds in the same color family to find the best one for your skin tone. If you're fair, try reds with orange undertones; medium, try warm peach-reds; dark, try cool berry-reds.

With a matching lipliner, trace the outline of your lips, then fill them in to prevent bleeding and help lipstick last.

Apply lipstick directly from the tube for the most color payoff. Start at centers of lips and work out to corners.

From top: For dark skin: Dolce & Gabbana Dolce Matte Lipstick in Dolce Flirt, \$37, Saks Fifth Avenue. For fair skin: Avon Ultra Color Indulgence **Lipstick** in Poppy Love, \$8, avon.com. For medium skin: L'Oréal Paris Colour Riche Le Matte **Lip Pen** in Mad for Matte, \$10.



Serums, lotions, cleansers, oils—how can you possibly know the most effective way to use the products in your skincare arsenal to brighten and improve your skin tone, revealing a look that's ageless? The experts at the

Good Housekeeping Institute have teamed up with Olay to give you an inside glimpse at the science



MAKE THIS YOUR SKINCARE REGIMEN

Looking for a pearlescent glow and to improve the overall tone of your skin? Each of the products below work well individually, but in a routine, they work better together and help you achieve maximum results!



1. Gentle Cleanser

The perfect starting point to your regimen, which will deep-clean pores and leave your skin feeling refreshed for a brighter appearance. FACT: Clean skin is more receptive to the hydrating properties of facial oil and moisturizer.



Before you put on your moisturizer, think about a lightweight oil to instantly hydrate and smooth skin. FACT: While it sounds non-intuitive, the right facial oil can work with your skin to condition and protect, making it appear more radiant-even if you have oily skin!



3. Moisturizer

The last step before makeup, your moisturizer should deliver advantages beyond hydration, such as reducing dark spots over time and improving the appearance of overall tone. FACT: Moisturizer seals facial oil (see above) into skin, helping boost its effectiveness.



4. Overnight Mask

Enhance your skincare routine a few times a week with a gel-based overnight mask that offers skin-brightening benefits. FACT: Unlike typical peel-off masks, the gel will absorb into the surface of the skin and work throughout the night to hydrate and even tone at the surface.

See more of the science behind the beauty visit goodhousekeeping.com/FabOrFiction









34 GH





anything plush Wrap yourself in pure coziness. A faux-fur jacket is surprisingly versatile and a total conversation piece. Wear it to fancy up jeans, or with '30s-inspired bling to look party-ready.





Statement coat The ultimate outfit-maker: a bright topper.

Bold embellishments and a tailored cut dial up the whoa factor. One-stop style.

Coat, Lauren Ralph Lauren Jeans Co., \$325, lordandtaylor.com. Blouse, \$285, reiss.com. Pants, \$30, oldnavy.com.

Earrings, \$42, artisangemsboutique.com. Gloves, \$98, echodesign.com.



warm winter whites In a sea of dark shades, nothing feels as special as an all-white ensemble. Style it for evening with sparkles and metallic heels, or soften for daytime with rose gold jewelry and blush ballet flats.

Dress, \$105, oasis-stores.com. Brooches (in hair), \$75 and \$65, rjgraziano.com. Earrings, \$40, jewelrystorm.com. Square ring, Sonequa's own.

Circular ring, \$35, dillards.com. Top bracelet, \$218, robertachiarella.com. Bottom bracelet, \$225, sorrelli.com.

pastel on pastel As the weather turns, choose icy hues in heavier fabrics (wool and satin finishes). Ground the look with black accessories... or, well, a falcon. Coat, **\$599, talbots.com**. Dress, **\$478, katespade.c** oux, \$16, maxand com. Heels, \$190 ON LOCATION: GREENBRIER VICTORIAN WRITING ROOM

spotlight on SONEQUA

She plays the hardedged Sasha Williams on AMC's cult fave The Walking Dead (the sixth season premieres October 11), but this 30-year-old Alabama native is as lovely (and lively!) as it gets.

HOLIDAY CRAVINGS

My mother-in-law makes an amazing mac 'n' cheese that speaks to my soul, and my mom's apple pie is sweetened to perfection. Is it Thanksgiving yet?

MOST LIKELY TO...

I won "friendliest" in high school, but I'm also a bit of a class clown.

IF SHE WEREN'T **SLAYING ZOMBIES,**

SHE'D...[be in] Human Resources; it's all about ensuring employees' satisfaction and making the workplace somewhere people want to go.

WORK & PLAY Season 5 was a huge workout all on its own, because I was pregnant the entire season. I was able to do it, thank goodness, but that was pretty crazy.

HER DIET There are certainly times when we all lose it and just eat whatever the heck we want, but if you eat clean, drink your body weight in water daily and avoid empty carbs, you'll have more energy and be more focused. - Sarah Walter

ON LOCATION: **GREENBRIER FALCONRY**

That gorgeous bird isn't just a prop. You can actually learn how to interact with trained hawks and falcons at the 237-year-old resort. greenbrier.com

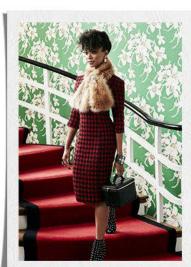
Fashion Director, Kristen Saladino. Text, Lori Bergamotto. Hair, Tippi Shorter. Makeup, Janice Kinjo.

GET THE LOOK FOR LESS



statement coats FROM \$129





wear-anywhere dresses
FROM \$60



\$114, laura ashleyusa.com







then 1970
For 30 years,
GH honored power-house women in its
"Ten Most Admired
Women" poll. Among
the first recipients in
1970: actress Patricia

Neal and Mrs. Dwight D. Eisenhower.

 $T \parallel \sqsubseteq$

CHANGE MAKEDS



We've celebrated extraordinary women boldly blazing trails for 130 years—STORYTELLERS and ACTIVISTS, ATHLETES and INNOVATORS, pushing the boundaries in their fields, inspiring the world with their determination, passion and ideas. Meet the next wave of women leading the way

by SHARON COTLIAR and LIZA HAMM



the ABC affiliate in Washington, DC, and argued my way into a position as a part-time freelance reporter. Ten months later, [Fox News chairman and CEO] Roger Ailes hired me. Ever since, I've

loved my job. It's intellectually stimulating, fun and full of adrenaline. I have a powerful microphone; getting to make a difference in the national conversation is a responsibility I take very seriously.

It's fair to say this past August was the most bizarre month of my professional life. [Megyn female journalists in particular are held to a different standard than our male counterparts. Tough questioning from a woman often leads to charges that she's "shrill." Was Mike Wallace "shrill"? Really?

Women do still face sexism in this countrysometimes overt, sometimes subtle. But wallowing in negativity is never productive. As I tell the women on my team, "Head down, shoulders - as told to L.H. back, forge forward."



creating eco-friendly products with The Honest Company



"My determination came from having experience with people not believing in me."



came up with the idea for The Honest Company when I was pregnant with my first daughter. I had an allergic reaction to a laundry detergent, so I started researching the ingredients in common household products to try to figure out what happened—and learned that there were many chemicals in them that were not necessarily tested for safety. I wanted to create a healthy environment for this new little person coming into the world. That was when I began thinking about starting a company that would help families like ours do that.

It wasn't easy getting the idea off the ground. At first, when I pitched it to people, they were like, "Yeah, right. Good luck." It took three years to find my business partners. At one point, after a potential partner I had wanted to work with fell through, I was devastated. I kept reminding myself: When I started as an actress, I was just a kid from Inland

Empire, a little area in Southern California. I didn't know anybody in Hollywood. I didn't know how the system worked; I was a woman of color who didn't look like everybody else. I faced a lot of hurdles to be successful—so when it came to creating a business, I remembered that. My determination came from having experience with people not believing in me.

I hope my daughters [Honor, 7, and Haven, 4] look at my example and see the power of hard work and persistence. I'm not the best at business, and I'm not the best at design, product development or marketing campaigns. But I'm learning, and I try. The more I do, the better I become. Some things we do are successful, some things aren't, but we learn from our challenges, and we keep pushing forward. We're trying to do the best we can to make a positive difference.

-as told to S.C.

SELF-MADE MAMA

Alba's latest line, Honest Beauty, launched in September. The Honest Company, meanwhile, is now reportedly valued at \$1.7 billion.



One afternoon six years ago, I was talking to my best friend's husband, who had gone into local government after doing Teach for America. I thought, I bet there are people in technology who would do a year of service! We launched Code for America in 2010 to give them that chance. The program puts teams of coders in communities to help them run better. We call it "the Peace Corps for geeks."

We conduct a range of experiments to figure out how to make public services work better, and since 2010, we've tackled meaningful problems. For example, Promptly, an app that text-messages food stamp recipients when their benefits are at risk, was built by our fellows in San Francisco. Our network—made up of public servants, technologists and community organizers passionate

Four years after Code for America started, I was asked to be the United States' Deputy Chief Technology Officer. A lot of my colleagues worked to save healthcare.gov. My boss would bring in letters people had written to the President, many of them heartbreaking. One woman wrote, "I've been choosing between health care for my kids and health care for myself for 15 years. I didn't have money for both. Now I'm finally going to the doctor." What my colleagues were doing brought home for me the true human impact of a well-operating government.

Code for America is extremely diverse, ethnically and gender-wise. That's purposely how we built it. We're a bit of an anomaly in the tech industry, which tends to be male-dominated. I tell women, "Hold yourself to your own definitions of success, value and meaning in your life."

-as told to S.C.



the advocate

CHELSEA CLINTON, 35

empowering women and girls worldwide at the **Clinton Foundation**

"I think about the world I want my daughter to live in."

with what happens to you." After [my husband] Marc [Mezvinsky, 37] and I got married and she felt that I was personally settled, she said that I had the responsibility and the opportunity to redirect the interest in me into issues that I really cared about. I'm grateful that she pushed me to do that.

At the Clinton Foundation, I do work I believe in every day. I'm passionate about our No Ceilings initiative, which is all about using data to remove barriers to equality that exist for women and girls globally. Those barriers are different depending on where you are, but nowhere does a girl have a truly equal shot at being able to do whatever her brother might be able to do, not even in America. If we want our girls to grow up and be the next Mae Jemison or Sally Ride, we need to support and encourage them more in school and give them female role models. It's hugely important for us to show them women who are successful across the board—in politics, business, academia and the sciences.

I think about the world I want my daughter. Charlotte [now 13 months], to live in. I think about what I can do to ensure that she is proud of me, and proud to be my daughter in the same way that I'm proud to be my mom's daughter. I really admire my mom for blazing a trail not only for herself, but for all women. That's always been part of her motivation, to stretch the limits of her intelligence and her heart, for herself and for all of us.

I want Charlotte to grow up believing that she can be and do anything. If she feels that support and has the work ethic to match her ambitions, I think I will have been successful - as told to S.C. as a mom.

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RISING STAR

Mosby – the youngest top prosecutor in a major American city-made headlines last spring for indicting six police officers after the controversial death of Freddie Gray.

a big impact on me. If it weren't for the testimony of one of our neighbors, my family wouldn't have received justice. The experience made me want to become a prosecutor, so I could turn the pain of losing my cousin into something good.

I used to get up at 5 A.M. every morning to ride a bus for an hour to go to school in one of the richest towns in Massachusetts as part of METCO, one of the longest-standing desegregation programs in the country. I was one of the few black students in my class. Kids around me sometimes said ignorant things. It made me want to work harder-to be in advanced classes, part of the student government association and coeditor of

potential," and I asked for interviews. I ended up getting into my first choice, Boston College Law School, and several others.

When I ran for this position, I was told I was too young, too inexperienced. I pursued it anyway and won. After I was elected, this little 8-year-old girl walked up to me and said, "Marilyn Mosby, I voted for you." Somebody must have explained to her the importance of her right to vote. The magnitude of that really hit me. I know I have a responsibility to show my daughters [Nylyn, 7, and Aniyah, 5] and all little girls that they can be anything they want to be." -as told to S.C.

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Whether you prefer supreme softness or conforming comfort, SLEEP NUMBER® beds feature DualAir™ technology, allowing you to adjust each side to your ideal firmness and support—your SLEEP NUMBER® setting. With a FlexFit™ adjustable base, you can read, watch TV, and surf the web. There's even a Partner Snore™ feature that lets you sleep peacefully together.*

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somebody else's voice define me. I was going to be the one to dictate my career.

When I was finished playing basketball, I thought I would work in television. But on the plane ride back from the 2012 London Olympics, I started talking to San Antonio Spurs head coach Gregg Popovich [Pop] and struck up a friendship. I had no idea that years later that discussion would lead to a job as an assistant coach of the Spurs.

The transition from playing to coaching was difficult; I'm still learning every day. My experience as a point guard helps. In that role, I always tried to help my teammates grow and improve, and that spirit has carried over. Within the first few weeks of working with the guys, I got

comfortable. Whether [I'm coaching] men or women, my goal is always the same, which is to instill in my players the importance of serving the people around them. Give more than you take. Figure out how to help make your teammates better. (That philosophy works in life as well, by the way.)

to be a full-time assistant coach for an NBA team. I don't want to downplay the significance, because it is significant, but it can get overwhelming. Pop tries to take the pressure off, tells me to be myself, and that if I try hard, go to work every day, then great things will happen. This year I coached our summer league team. It was exciting to help our young guys develop, and a huge learning experience. (Winning the title was icing on the cake.)

People have been asking me a lot lately if I want to be a head coach. Right now, I'm happy in San Antonio; I'm still learning. But it's a possibility. The fact that people are talking about it is a big deal. And I'm happy to pave the way for someone else, because someone paved -as told to L.H. the way for me.

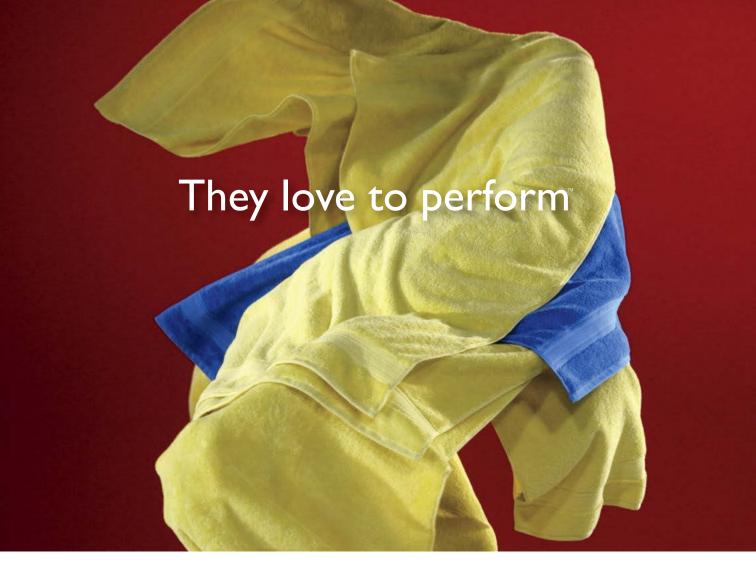


ix months before our business school graduation, my friend Hayley Barna and I wrote a business plan. We were looking at consumer Internet, female-focused businesses like Rent the Runway and Gilt Groupe and we noticed that nobody was talking about beauty. We imagined something that would let women sample curated new products—a monthly subscription service. That's how Birchbox was born.

From minute one, we faced naysayers. People said the idea was stupid, that consumers wouldn't pay for samples. Our idea was geared toward a female consumer, yet most of the investors we spoke to were men who couldn't relate to what we were offering. Convincing them to get behind us was an uphill battle. I trained our team to tune out the word "no." We had signs around the office that said *No means yes*.

We cold-e-mailed companies. I remember my phone call with Benefit's CEO. We're talking and talking; I'm sweating. Finally, he says, "OK. We're in." He changed our lives. After that, we could go to potential partners and say, "We have Benefit." The lesson from that was "Ask." Get really good at the art of asking. Ask for help, advice and time. And ask the right way. The people you want guidance from are busy—so be ready to explain how your request stands to benefit them, too.

Looking back at what we've built, personally I have to credit my mother. She didn't care if I wanted to be a stay-at-home mom or a CEO; everything I did, she was proud of. It gave me such freedom and fearlessness. That's why I'm where I am today. -as told to S.C.



Hygro[®] Cotton creates towels that are alive with natural comfort.



They breakthrough...

with unique 100% cotton hollow core yarn that makes them more absorbent.



They beguile...

drying you quicker than you could ever imagine.



They bloom...

becoming softer and loftier wash after wash after wash.

Exceeding expectations by actually getting better over time, no other towels perform quite like these.

Because no other cotton performs quite like Hygro.

before washing

after 3 washings



hygrocotton.com









THROWBACK

THEN We showed our love of crafting by featuring homespun ideas, like six ways to dress up a lampshade. **NOW** The make-it movement is bigger than ever—this year we even launched our own online crafting channel (goodhousekeeping.tv). Bring on the glue guns!



WEEKEND PROJECT

 $Tailor ext{-}Made$ Shade

Here's a bright idea: Use fabric to create a custom lampshade like blogger Aniko Levai, who made this pretty watercolor floral for her guest room. Flip the switch—er, page—for the easy how-to!

LAMPSHADE HOW-TO

A few minutes, fabric and glue are all it takes to give new life to a basic white shade. Lights, scissors, action!





CUT AND COVER

Measure around shade and cut fabric to that length. Trim fabric widthwise to height of shade plus ½ inch on each end. Wrap shade with fabric, using binder clips to secure top and bottom edges.



GLUE IN PLACE

Starting where seams touch, glue fabric to shade, using brush to spread glue evenly. Remove clips, apply glue to fabric flaps at top and bottom and fold over edges. Secure with binder clips until dry.



COPPER IN The Kitchen

THEN Penny-shiny gadgets showed off a new color option in a GH-designed kitchen. NOW Rose gold's resurgence in fashion is creating a warm metal revival at home, too.



MIKE GARTEN (materials); Aniko Levai*/Place of My Taste* (process images); Getty Images (1902); Advertising Archives (1903)

Toaster, \$30, bella housewares.com



Coffee press, \$60, westelm.com



Canisters, \$60 for four, overstock.com



1902

Good Housekeeping warns readers of chemicals in foods, like formaldehyde in milk and baby food (yikes!).



1902

J.C. Penney's first store, in a one-room wooden building, opens to the public in Kemmerer, WY.



1903

Talk about wacky weightloss trends: La Parle Obesity Soap proclaims that it "...never fails to reduce flesh." Hmm.

THE D-I-Y WAY TO CLEAN CARPETS LIKE A P-R-O.



YOUR HOME design tips



Sarah Richardson Home Design Director @SarahRichardsonDesign

HOW DO I TELL IF MY FLEA MARKET FIND IS TRASH OR TREASURE?

Picking out pieces worth your money and precious space is easy when you know what to look for. Here are my best tips:

INSPECT THE BOTTOM.

Check the underside or inside of a drawer, especially on wood furniture. Inscriptions or manufacturer's stamps may identify age, country and designer - info that can make a piece more appealing and valuable.

THINK ABOUT COST.

If refurbishing the item is going to cost you three times its price, you're probably better off skipping it.

ADMIRE THE MATERIALS.

Like fine wine, the best vintage pieces wear well with age. Leather or solid wood items will stand the test of time better than vulnerable choices like silk. When in doubt, you can't go wrong with brass or pewter candlesticks, ceramic vases or art.

THROWBACK

THEN With its opulent layers of metallics, mirrors and florals, Hollywood Regency was pioneered by actor-designer William Haines for his moviestar clients. NOW The style lives on, thanks in part to designers like Barbara Barry.

DECOR REDUX

GLAM

Turn a bedroom corner into a posh prep space, inspired by a design style that's just as A-list today as it was when we first saw it in the 1930s.

Get the Hollywood Regency Look

- 1. Install vanity lights vertically beside your mirror. \$269 each, wayfair.com
- 2. Use a mirrored desk in place of a traditional slim console for extra "counter" space. \$350, pier1.com
- **3.** Add a plush stool with a hand-cut beveled mirror base to complete the trio. \$140, pier1.com





METALLIC WAI.I.PAPER



Blossom in Renaissance Gold, \$98 and up per roll, shop.jocelynwarner.com



Sparkle Brown, \$75 per roll, grahambrown.com



Marie Curie wins her first (of two!) Nobel Prizes, making her the inaugural woman to get the award.



1904 3...2...1! Over 200,000 revelers head to Times Square for its first New Year's Eve celebration.



GH introduces its "Roll of Honor for Pure Food Products" list, filled with packaged foods approved for purity and safety.



2-5 tartan time

FABRIC



House of Wales Plaid in black, *fabric.com*



Clan Campbell of Argyll Tartan, zazzle.com

WALLPAPER



Audrey in Charcoal, homedepot.com



Graham & Brown, grahambrown.com

THROWBACK 1960



THEN As more women made their way into the workplace, menswear patterns and cuts — check out these plaid culottes rose in popularity. **NOW** Menswear and prep styles prevail as accents in our homes and wardrobes.



Prep school-inspired threads graduate to the corner office with an oversize oxford, knit tights and sassy heels.

INSTANT MANI

Stick on these checkered decals for Instagramworthy #nailart sans drying time. Jamberry Nail Wraps in Friday Flannel, \$15, jamberry.com



TARTAN TRAY

Serve holiday sweets or store glitzy jewels on a trio of these classic trays. \$15 for three, onekingslane.com



IT'S IN THE BAG

You'll rock this shearling buffalo-check bag so often this season, your other purses might get jealous. Adam Lippes for Target, \$40, target.com



CURVES AHEAD

This skirt = head-turner. Pencil in a few holiday parties! \$219, iijin.us





11

FIRST COURSE

Channel old-school New England dinner party vibes by adding this small salad plate to your table setting. \$26, jcpenney.com





WISHY HAIR

Nab that commercial-worthy swing with this restorative vanilla-and-cream-scented duo. Fekkai PRX Reparatives Limited Edition Plaid Shampoo and Conditioner, \$30 each, target.com



Use the colors in a tartan (like this classic black-and-green style, called black watch) as a jumping-off point for your room's palette.





CHECK MATE

Pack this mini carryall with your beauty must-haves, then throw it in your tote for on-the-go touch-ups. Sonia Kashuk All Over Zip Around in Plaid, \$18, target.com





TOTALLY FLOORED

Roll out the plaid carpet to give an entryway or living room a rustic feel. \$59 and up, westelm.com



tacev Brandfor





JD AND YOLY W.

He is an avid collector.

She has a magic flair for gardening and cooking.

Their house style: Ranch. Their roof: Timberline HD® Shingles.

Their roofing contractor: GAF Master Elite® Contractor.

The journeys he had over the years took many twists and turns. ID rode out the bumps as best he could, not knowing that the path would eventually lead him to the home that protects everything he holds dear—his collections, his bikes, and above all, Yoly.



FACT: 97.55% of property owners would recommend their GAF Master Elite® Roofing Contractor to others.

(Based on a GAF survey of over 13,000 property owners served by GAF Master Elite® Contractors).



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GH's stain-busting expert shares her fixes for household dilemmas and life's little "oops" moments

HAVE A QUESTION?

E-MAIL HELOISE@GOODHOUSEKEEPING.COM.





My nonstick cookie sheets end up turning brown after a few uses. How can I clean them?

-Sharon P.

That brown gunk is most likely baked-on nonstick spray. To get it off, place paper towels on each cookie sheet. Mix 1 tsp. ammonia with 1 c. water and pour over the towels so it soaks in. Cover with foil or plastic wrap (to keep it from drying out) and set aside, away from kids and pets. The next day, remove the layers and clean with a brush, soap and water.



Freeze it first! Put ice cubes in a metal pan (a pie or cake pan will work just perfectly), then place the pan on top of the carpeting where the candle wax dripped or spilled. Once the wax is really hard, remove the pan and use the side of a hammer head or a can of veggies to hit the wax and break it up. Pick up the pieces and repeat the process if necessary. Vacuum up any bits that remain. If there's still a little left, use a good carpet stain remover to get it out.



These five household products are my go-tos (and were my mother's as well). Use them to do a zillion cleanup jobs!

VINEGAR

- Kill most mildew and mold (spritz small areas).
- Deodorize sponges: Let sit five minutes, then rinse.
- Remove rust from screws and scissors: Soak overnight.



BAKING SODA

- Clean sinks and tubs without scratching.
- De-stink a dog: Rub in; brush out fur.
- · Freshen furniture: Sprinkle on, rub in. let sit, vacuum up.



RUBBING ALCOHOL

- Clean and shine windows and stainless steel.
- · Remove adhesive left over from bandages and tape.
- Clean gunk off a computer keyboard.



- Scrub coffee and tea stains off mugs and cups.
- Clean dog and cat bowls (no soap residue).
- Soak up gravy/wine/salad dressing on a tablecloth.



HYDROGEN PEROXIDE

- · Kill mold on pavers.
- Sanitize toothbrushes; rinse well afterward.
- · Lighten stains on butcher block; rinse thoroughly.



How do I get

carpeting?

-Cindy H.

candle wax off

Colgate trademarks its teeth-cleaning products, making it easier for consumers to keep their whites pearly



GH goes on a crusade to convince Congress to pass the Pure Food and Drug Act, the first federal law to forbid the adulteration and false labeling of food.



A safe synthetic haircolor, Aureole (which will lead to the company L'Oréal) is developed by chemist Fugène Schueller in Paris































GARIEN (variations); Offset (opposite).

CLASSIC POPOVERS

3 lg. eggs 1 c. whole milk 1 c. all-purpose flour 3 Tbsp. butter, melted, plus more for greasing ½ tsp. salt

1. Preheat oven to 375°F. Generously grease cups of popover pan or eight 6- to 8-oz. ramekins.



2. In blender, puree eggs, milk, flour, butter and salt until smooth.



3. Divide evenly among cups. Bake 40 min.



4. With sm. paring knife, cut sm. slit in top of each popover. Bake 10 min. more. Remove from oven; immediately transfer from cups to wire rack. Serve warm. Cooled popovers can be kept at room temperature up to 3 hrs. or frozen up to 1 month. Reheat at 350°F until crisp.

SERVES 6 About 205 cals, 7 g protein, 18 g carbs, 12 g fat (6 g sat), 1 g fiber, 310 mg sodium.

MORE POP HITS

Try these delicious new variations—chocolatey, smoky, bacon-filled!—with one of our flavored butters (page 166)



SWEET COCOA

Reduce flour to ¾ c. Blend ¼ c. unsweetened cocoa and 3 Tbsp. sugar into batter.

BACON CHEESE

Reduce salt to ¼ tsp.
Blend 4 strips chopped
cooked bacon, ½ c.
shredded sharp Cheddar
cheese and ¼ c. finely
grated Parmesan
cheese into batter.

SAVORY SPICED

Blend 1½ tsp. **ground cumin,** 1 tsp. **smoked paprika** and ¼ tsp. **black pepper** into batter.



STUFFY HEAD, FEVER,

CHEST CONGESTION, STUFFY HEAD,
NO SICK DAYS, BEST SLEEP WITH A COLD,

MEDICINE. MEDICINE.

Use as directed. Read each label. Keep out of reach of children. \circledcirc Procter ϑ Gamble, Inc., 2015



THROWBACK



THEN We were wowed who fought back after Alabama abortion clinic. NOW Every month, the Sandy Hook hero below who continue



CONNECTED WOMAN

Teaching Kindness

Sandy Hook hero Kaitlin Roig-DeBellis healed by helping kids after the tragedy

A BRAVE TEACHER'S QUICK THINKING

In December 2012, after gunfire erupted at Sandy Hook Elementary School in Newtown, CT, first grade teacher Kaitlin rushed 15 of her students into the tiny bathroom at the back of her classroom. For the next 45 minutes, she kept them calm and quiet, evading the gunman's notice, ultimately saving their lives. The days that followed were surreal. Lauded for her heroics, Kaitlin reeled with grief (Sandy Hook lost 20 students and six educators that day). "I was terrified of everything," she remembers. When she returned to teaching the following month, her pupils seemed to be feeling just as fragile. As she details in her new book, Choosing Hope, "I needed to help them. I just didn't know how." →

Not long after that, while opening a box of toys for her class—a gift from well-wishers — Kaitlin felt a spark of inspiration. "Why do you think someone sent this?" she asked her students.

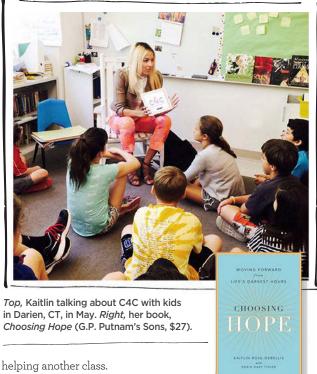
"To be nice," a boy replied. "You're right," Kaitlin said. "And when someone does something nice for you, you have to do something nice for someone else in return."

"Their eyes lit up," Kaitlin, now 32, recalls. "They were so excited about the prospect of helping others."

LESSONS IN GIVING

In February 2013, Kaitlin created a venue for them to do that with the nonprofit Classes 4 Classes, a social network that lets teachers and students help each other crowdsource funding for equipment and projects. To date, more than 1,300 children have received school supplies, educational tools and funds for field trips with assists from the C4C network.

Students in fifth grade teacher Kristi McCann's Bridgeport, CT, class got an iPad thanks to C4C, and they paid the gift forward by



Throughout the school year, they were extra sweet to one another, holding doors, praising their classmates' special qualities and swapping pickme-up notes. Students, parents and teachers on the C4C network rewarded their good deeds with donations, which the kids then used to send an iPad to a class in Virginia.

After their kindness campaign, Kristi's students seemed more in tune with one another's feelings, she says: "They became like a family."

Stories like that remind Kaitlin why she's doing this. "After the shooting, I didn't know how I was ever going to feel OK again," she says. "This has been my path to healing." — Sharon Cotliar

Connect with the cause: Support students at classes4classes.org.



THE POWER OF **NOT KNOWING**

Being comfortable with uncertainty "makes us kinder, more creative and more alive," Jamie Holmes writes in Nonsense (Crown, \$15). Time to get comfy...

BE A LITTLE INDECISIVE.

"Humans need order." notes Holmes, which is why we often go for the quick fix. But forcing decisions can create a false sense of security. Feeling unsettled? Pause; don't jump to conclusions. Think about your options instead of the what-ifs. Take a day or two. Chances are vou'll come up with a better solution.

RETRACE SUCCESSES.

We backtrack after making mistakes to determine what went wrong. And after a big win, we tend to celebrate...then grow overconfident. Scrutinize successes, too. Proactively ask, What were my weaknesses here? Improving on them will help you feel more prepared—and the more prepared you feel, the less worried you'll be about the future.

EMBRACE THE CLICHÉ.

Yes: Live in the moment. Worrying about what your career or relationship might look like in 10 years is daunting. Shift your focus: What do those things look like right now? Guess what? You can control today, and feeling in command can make life's big questions seem a lot less scary.



CHERYL STRAYED. from her new book, Brave Enough (Alfred Knopf, \$17)

ADVICE I'D GIVE MY YOUNGER SELF

"Do not reach the era of child-rearing and real jobs with a guitar case full of crushing regret for all the things you wished you'd done in your youth. People who didn't do those things risk becoming...shrink-wrapped versions of the people they intended to be."



Chocoholics rejoice! Hershey's Kisses, which are initially wrapped in foil by hand, hit the

marketplace



Janitor James Murray Spangler patents the first portable electric vacuum. William Hoover buys the business, renaming it the Hoover Company.



Alice Ramsey, 22, becomes the first woman to drive across the U.S., on a journey that takes her 59 days—talk about a road trip!





"HIGHEST RANKED MIDSIZE CAR IN INITIAL QUALITY
AND LONG-TERM DEPENDABILITY" – J.D. Power

Along with those things, we also know about efficiency, which is why Malibu gets an EPA-estimated 36 MPG highway? It's things like this that earn Chevrolet some serious recognition.



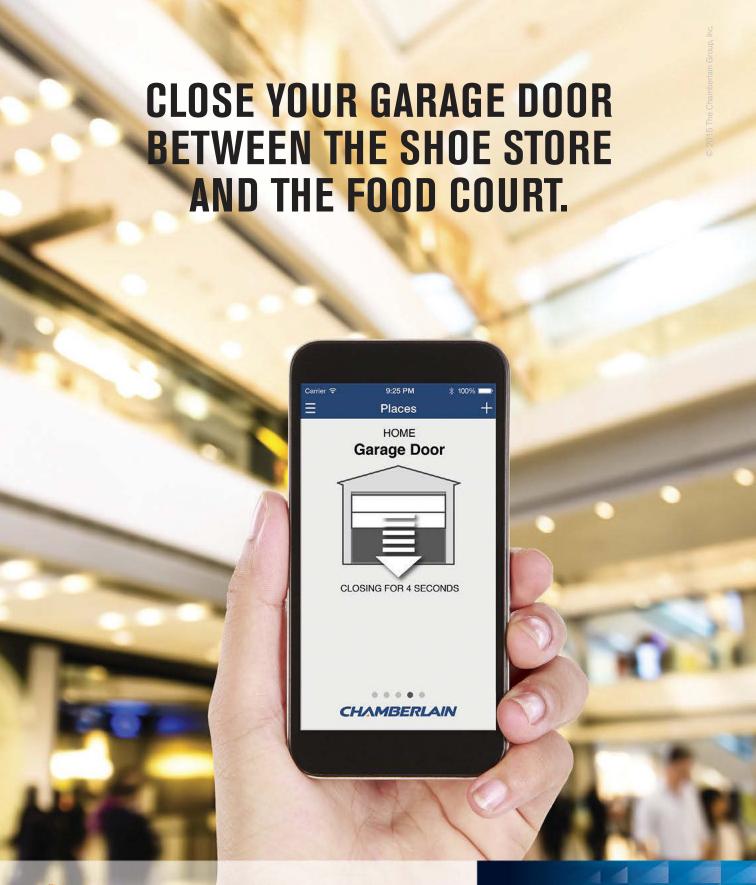
CHEVROLET MALIBU

FIND NEW ROADS

CHEVROLET



1 The Chevrolet Malibu received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power 2015 Initial Quality (IQS) and 2015 Vehicle Dependability (VDS) Studies:" IQS based on 84,367 responses from new-vehicle owners, measuring opinions after 90 days of ownership. VDS based on 34,372 responses from original owners of 2012 model-year vehicles after 3 years of ownership about the past 12 mos. Results are based on experiences and perceptions of consumers surveyed February–May 2015 and November–December 2014. Your experiences may vary. Visit jdpower.com. 2 Malibu with 2.5L engine 25 MPG city.





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YOU HAVE LANDED THE LOVELIEST GIRL WALKING THE EARTH.

1991



THEN Mary-Louise Parker charmed audiences with her role in the tearjerker Fried Green Tomatoes.

NOW The mom of two (William, 11, and Caroline, 8) taught GH readers how to make a homemade board game in 2013 and here introduces her new book, Dear Mr. You.



the future, to the day her young daughter falls in love, actor MARY-LOUISE PARKER pens a letter to her prospective son-in-law with some ground rules: "Be worthy of her"

Looking far ahead into

ake her drunk on happy.
Remind her that she is beautiful in every new language you can invent. Careful with metaphor, as by then her mother's overuse of it may have exhausted her and made her immune to poetry.

Remind her about poetry.

If she has given you children, remind yourself every day of the second, third, fourth, fifth and sixth words in this sentence.

If you hurt her in ways that are irreparable, I will send out people to hurt you back, sorry, but it has to be like that. Yes, you may have had a difficult childhood, but please allow me to introduce myself:

Hello, I am the woman who doesn't give a sh*t.

Make her something warm to drink in the mornings and give her time to begin speaking; only rush at her with an embrace or a gemstone. Wildflowers. A love note, Yeats.

Do not fight with her in public. She has an elegance that should not be polluted by compromising her privacy. This has something to do with loyalty, I am not sure how, but it does. Speak glowingly of her to everyone, even on the days she has infuriated you. Inflate! Let too many people know how proud you are, so that it gets back to her and she feels proud to be herself.

Take her hand. Notice how like a piece of art that is.

Be a friend to her brother. Be a brother to him. Help him out if he needs it, and give him the opportunity to help you. Call him for no reason, and drop by with her on days you may not feel like it just to make sure they stay connected and trusting.

If her brother is telling a story about me in which I seem especially annoying, please feel free to poke fun. I want them to take comfort in the fact that they share a mother that is only theirs, and a childhood as wild and special as they are. I need them to have each other. It's almost all I need. My brothers have protected and championed me in ways that she will need also. Should someone slight her honor or threaten her, her brother will get into the ring and I hope you will join him. I have watched him do this already, and it fills me with pride even when their fight is against me.

My own brother came to the bus stop with me when he learned I wasn't getting a seat because of my rampant unpopularity. He stood there, arms folded as though he were barring everyone from entering the rest of their lives if they did not comply with his wish to treat me with respect. He said nothing but stared into the face of every kid on

Luke Fontana (Mary-Louise Parker); Everett Collection (1991); Getty Images (1910); Advertising Archives (1911). Excerpted from *Dear Mr. You* by Mary-Louise Parker. Copyright © 2015 by Loon, Inc. Excerpted with permission by Scribner, a division of Simon & Schuster, Inc.

Tosted all Approved by the Conducted by the Conducted by Exercised Marketing Marketing

1909

GH launches the Seal, offering consumers a trusted road map to buying products.



1909

Harry Gordon Selfridge opens a store in London boasting the first cosmetics counter that offers "try before you buy" products.



1910

Elizabeth Arden debuts her original salon, on New York City's Fifth Avenue, where she later sells her rouge and tinted powders.

that street corner, promising that their futures were going to remain in question unless they understood. All conversation stopped. One person snuck a look at another, and his head whipped around to catch both of them looking incredulous in response to his threat.

Try me, his eyes said. And, Don't think I won't.

The bus pulled up. I got in line and looked at him still standing there with barely contained galvanic ire. I tried to convey my thanks. His eyes said back, *That's how much*.

I knew how much, but it was good to see it. Needless to say, I got a seat. I saw a different shade of that in my other brother the day my son was born and he came into the hospital and shuffled out all who did not belong so that I could rest. He took my son in his arms and read to him. He read Winnie-the-Pooh, Ginsberg's "Howl," E.E. Cummings. He sang "New York, New York" as his first lullaby. Them together in that chair is one thing I will go back and watch if they let you do that at the end.

Make sure you know her uncles and her brother so well that she'd be jealous of your relationship if it didn't make her so happy. If she is in danger of forgetting her brother's birthday, remind her, and when in doubt, invite him. To wherever. He is more important than you for her in most ways and I know you will understand.

I agree that I'm asking a lot of you, but remember:

You already won the grand prize.

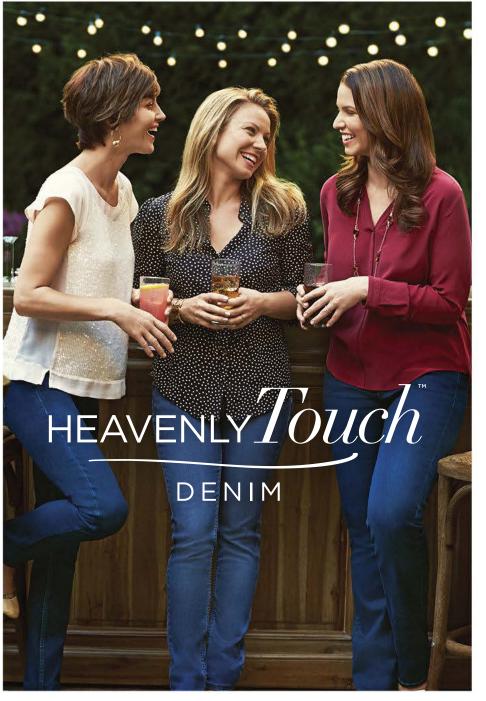
Congratulations. Really. She is still in middle school now and insists she will never marry, but I am quietly hoping she and her brother both have something like my parents had, that endures and comforts them. Something lit by its own moon. Be worthy of her. God bless you for noticing the right one. \spadesuit

ADAPTED from Mary-Louise Parker's new memoir, *Dear Mr. You* (Scribner, \$25), out this month.





1911
The publisher of Cosmopolitan, Hearst Magazines, buys Good Housekeeping.



Comfort never looked so good.





For nearly 10 decades, the Post women have helped us sail through life with kindness, style and grace. A look at what's changed and what hasn't through the years...

THROWBACK



THEN The U.S. Postal Service honors Emily Post with her own stamp. depicting a classic place setting. NOW Her legacy continues at GH and the Emily Post Institute, founded in 1946.

GENERATIONS OF POSTS



EMILY

Author of the influential 1922 book *Etiquette* and the original head of the family business.



ELIZABETH

Emily's granddaughterin-law; the first Post to pen an etiquette column for GH. from 1975 to 1995.



PEGGY

Emily's great-granddaughterin-law took over the GH column in 1995 and remains the voice today.



Welcome Emily's greatgreat-granddaughter, cohost of the Awesome Etiquette podcast.

HOLIDAY TRADITIONS

Keeping things "kosher" has always been the game plan.

THEN (1985)

My husband and I have friends who assume that because we celebrate Hanukkah, we do not care to share Christmas with them. How can we let them know we would enjoy being with them on their holiday?

Try to discuss the subject with your friends during the year. Tell them you enjoy celebrations of other faiths as well as your own. You might also ask them if they would like to share Hanukkah with you one year. - Elizabeth

NOW

I've been asked to a family friend's Thanksgiving, and I know they'll say a blessing. I'm not religious. Do I have to join in? -Patti 7.

No, you don't have to participate in the blessing, nor do you have to offer a reason why. However, you do need to maintain a respectful silence while the blessing is being offered. Just remain at your place, either seated or standing, and wait until it's over. Then follow your host's lead before talking or eating. -Peggy

WEDDING DECORUM

Hard to believe an LBD wasn't an option in the 1980s!

THEN (1988)

My daughter is planning her wedding and has decided to have her bridesmaids wear black.... She is adamant. Do you agree that black is in poor taste for a wedding?

While I might not go so far as to call it "poor taste," I do feel it is inappropriate. Black is a funeral color and should not be worn at a wedding — no matter how chic. -Elizabeth

It's totally OK for bridesmaids to wear black, as long as the color ties in with the style of the wedding (for an evening wedding, yes!; for a beach wedding, not so much). Their dresses don't have to be identical, but the bride should give them some direction—color, fabric, overall style—to help with decisions. The most important thing is that each woman feels comfortable and confident in what she wears. -Lizzie



The RMS Titanic, the largest ocean liner of its time. touted as unsinkable, goes down on its maiden voyage.



Milk's all-time favorite cookie - the Oreo, natch is sold for the first time to a grocer in Hoboken, NJ. Pour us a cold one!



Mary Phelps Jacob patents a garment she calls a "brassiere," said to lift and separate breasts by using cups and straps

A ton of freshness in an 8.5 lb jug.



for that.

NEW Tidy Cats® LightWeight with Glade® Tough Odor Solutions.

50% lighter*: 100% Glade® fresh.

Every Home. Every Cat. There's a Tidy Cats For That.™

Find your litter match at tidycats.com/litterselector

*Compared to leading clumping litter.



























INVITATION P's AND Q's

Now you're invited to use technology more than ever.

THEN (1993)

Is it acceptable to send personal invitations, thank-you notes, etc., by e-mail, or must paper be used?

E-mail is wonderful for business purposes but too commercial for personal correspondence, which calls for a "hard copy." Invitations may be printed cards; thank-you notes should always be handwritten. – Elizabeth

NOW Evites are a fun, easy and green way to invite people and are appropriate for many events today. Nix the option that shows invitees the full guest list. And remember, e-mails may end up in spam folders, so don't hesitate to follow up with guests if RSVPs don't roll in. Use snail mail invites for special occasions; they pack a punch! – *Lizzie*

Section 1	OCCASION	POSTS' PREFERRED METHODS	TIME FRAME
	AFTER-WORK HAPPY HOUR	BY TEXT OR IN PERSON	THE DAY OF
	FOOTBALL PARTY ON GAME DAY	BY PHONE OR TEXT	1 WEEK IN ADVANCE
	KIDS' BIRTHDAY PARTIES	BY EVITE OR ON PAPER	2 TO 4 WEEKS IN ADVANCE
	HOLIDAY CELEBRATION	ON PAPER OR BY EVITE	2 TO 6 WEEKS IN ADVANCE

TABLE MANNERS Conversation is still the highest art.

THEN (1979)

My teenage children insist on reading books in restaurants while they are waiting for a table or to be served. Isn't this rude?

I do not think that people of any age should read at the table when they go out to dinner (or at home) unless they are alone. Reading implies boredom with their companions and a lack of interest in their surroundings. In short, yes, it is rude! – Elizabeth

NOW

My tweens can't bear to be without their smartphones and tablets. How can I get them to stop texting and playing video games when we eat out? —Louise H.

Tablets are OK for young children who can't sit through a restaurant meal. But for tweens, the rule should be no digital devices during meals—whether at home, at a restaurant or at someone else's house. Tell your kids, "Mealtimes are for chatting with your tablemates. Let's talk about...." Remember: Your behavior determines theirs. If you want them off their tablets and phones, stow yours, too. —Peggy

One of *those* days requires one of *our* tubs.





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GOOD TO GO

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Belgard* Hardscapes helps homeowners create the outdoor spaces of their dreams with its stylish and durable line of paver and wall block. Belgard has designs and colors to fit any aesthetic and every lifestyle. Visit

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Blink and Feel Good

Blink Fitness believes exercise isn't just about looking good, it's also about how it makes you feel. With specific music, bright colors, open spaces and more, Blink puts *Mood Above Muscle™*. Join today at **BlinkFitness.com**



Pour an irresistibly creamy glass

Silk® Cashewmilk tastes creamier than skim milk -with fewer calories*. Yep, fewer. It's also free of saturated fat and cholesterol. **Silk.com**

*Silk Original Cashewmilk: 60 cal/serv; Silk Unsweetened Cashewmilk: 25 cal/serv; skim dairy milk: 80 cal/serv. USDA National Nutrient Database for Standard Reference, Release 27. Data consistent with typical skim dairy milk.



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cesar. love them back.



BEST NEW NOVELS



MOVING JOURNEY

Avenue of Mysteries by John Irving

In Irving's much-anticipated 14th novel, an aging writer reflects on the joys and tragedies of his youth in a Mexican slum. \$28



FORBIDDEN ROMANCE

Along the Infinite Sea by Beatriz Williams

Two women swept up in taboo love affairs swap secrets in this soap-worthy '60s period piece. \$27



SOULFUL STORY

The Magic Strings of Frankie Presto by Mitch Albom

At the funeral of a reclusive pop legend, friends remember his life and special talent. A sweet, sentimental journey. \$26 THROWBACK



THEN Some of the biggest authors of the 20th century wrote for GH. Among our famous contributors: J.D. Salinger (above), A.A. Milne, Flannery O'Connor... the list goes on! **NOW** Recently bestselling writers Jennifer Weiner, Elizabeth Gilbert and Elin Hilderbrand penned original work



INTRIGUING MEMOIRS



My Life on the Road by Gloria Steinem

The women's-rights crusader offers her inspiring account of a lifetime of advocacy. \$28



Shift for Good by Tory Johnson

Following up on her 2013 memoir, GMA contributor Johnson reveals the hurdles she faced after losing 62 pounds. **\$26**



Find Me Unafraid by Kennedy Odede and Jessica Posner

Posner was a college coed on a semester abroad in Kenya when she fell for African activist Odede. This is their remarkable love story. \$28

#GHread on Twitter and Instagram!



The term "birth control" is coined by Margaret Sanger, a nurse who devoted her life to making contraceptive devices available to women.



Corning Pyrex bakeware, the first home glass product able to withstand the baking process, is developed.



Mabel Williams combines coal dust and Vaseline to enhance her lashes. Her brother begins selling the mix through the mail, starting Maybelline.

REFRIGERATOR SHOPPING?



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GH REPORT



BY THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE





EXCLUSIVE GH SURVEY

THIS AMERICAN HOME 2015

We polled women across the U.S. to get a snapshot of home life today. Things are better than ever—fewer hours spent on chores! And that's not all. Here's what else is happening behind closed doors...

omemaking. The word conjures up a 1950s ideal of a smiling woman, hair neatly coiffed (see far left), preparing a wholesome dinner for her kids and her husband, who's at the office supporting his nuclear family. The truth is, families back then didn't necessarily match the madefor-TV version. Yes, most women were at home, toiling 42 hours a week to keep up the "perfect" house. But not all were doing so by choice, and they didn't have our modern conveniences. (That serene smile probably wasn't the expression of the day.)

Today, it's a brave new world in many ways: 66% of our respondents work outside the home, and we live in an era populated with time-saving devices – Homemaking 2.0! Best of all, it's OK to admit that juggling it all isn't easy. Dinner is a three-ring circus, dust bunnies lurk under the sofa and the kids must be pried away from iPads to complete their homework. What hasn't changed? We still have a lot on our plates, and our partners are not always chipping in. Despite the challenges, however, most of us are enjoying our home lives. And we've got the stats to prove it—plus some genius hacks to make your happy home even more so.

ABOUT THE SURVEY

We polled over 1,300 women across the country, ages 18 to 80, of whom 66% work outside the home, 71% are married and 40% have children under 18.

are pretty darned happy.

Most of you are satisfied or very satisfied with your lives.

What enhances your lives most? The more often women have dinner with their families, the more satisfied they are on the whole. And those who see friends and entertain at least every few months are more content in general. Make gettogethers easier with these shortcuts:

ENTERTAINING HACKS

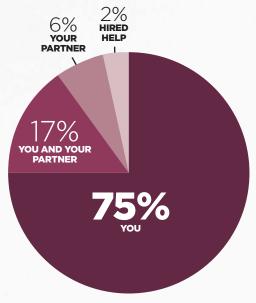
WARM CIDER IN A SLOW COOKER:

MICROWAVE A **FANCY APPETIZER:** Zap Brie on Medium-Low 3 to 4 min.; top

FOOD PROCESSOR:

MAKE PASTA SAUCE IN THE BLENDER: Pop in cooked tomatoes pulse 30 seconds





Who mostly handles the chores? You do!

It's not your imagination: You're doing the lion's share of the cooking, cleaning, laundry and food shopping. Only 17% of households split these chores.



LITTLE-HELPER TIP

Get the kids to pitch in! Try a wall chart (like the Land of Nod Gobs of Jobs Activity Chart, \$79) or an app like Chore Monster that makes tasks gamelike and fun by giving kids rewards (parents decide on the prizes) for doing tasks.

SECRETS FROM COUPLES WHO SPLIT CHORES Try these tips to go dutch:

Turn housework into bonding time. "When you only get to see each other a handful of hours a day, it sucks to have that time eaten up doing separate tasks. And double the hands working means it's done in half the time, leaving more quality time together."

- Myla Arumugam, 28, lawyer, no kids, New York City

Put it on paper. "[My spouse] was 37 when we married and was already doing some cooking, cleaning and ironing. When things got out of balance. I wrote down what I did and what he did - my list was longer than his! He got it."

-Julie Trejo, 41, student and working mom of a 6-year-old, Ferguson, MO

Figure out who's good at what. "I am more of a planner, and so I plan meals, getting everything out and doing some prep work. Whoever gets home first does the cooking, and the other does cleanup. His speciality is breakfast; mine is lunch and desserts." -Amy Elias, 46, works part-time, mom of a 14-year-old and 10-year-old, Grand Haven, MI



Dare to bare: The sale of hairremoval products for women increases after Harper's Bazaar runs an ad depicting women with hairless armpits.



1916

Jeannette Rankin is the first woman elected to Congress – and famously claims she won't be the last. Lucky for us, she was right!



1917

Your original fitness pal! GH shows what 100-calorie portions look like, years before calorie counts begin to appear on food packaging.



17%
"I'M 'QUEEN
OF CLEAN'"

29%
"I DO THE MINIMUM"

54%
"IF THE
HOUSE LOOKS
PRETTY
DECENT,
I'M FINE"

Your approach to cleaning

Shortcuts from the GH Cleaning Lab

☐ GET A ROBO VACUUM

like the iRobot Roomba 880 (\$595), which scored high marks in our test. Set it and go about your business.

SQUEEGEE TUB WALLS

daily to decrease mildew and scrubbing. We like the Casabella Clip-On Squeegee (\$10), which attaches to the showerhead.

NIX PET HAIR with damp rubber gloves—run them over a surface or fabric.

☑ FRESHEN PILLOWS

by tumble-drying on air-only/no-heat setting.

M DON'T WASH

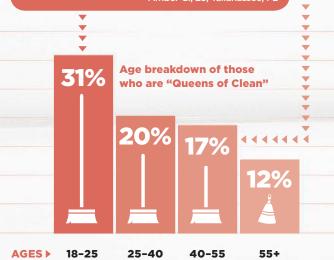
WINDOWS in the fall: There's less sun, so dirt won't show as much.

The older you are, the less fussy you are about cleaning.

"My house was neat until I had kids. My husband and I were told it would take a miracle for us to have children. Well, I have two miracles and I would rather have a messy house and kids than a clean home and no kids. There'll be time to clean once my boys are grown. For now, my house is alive!" — Natalie Embree, 48, two kids, Taylors, SC

"I'm a grad student and teacher, so my life can be stressful. I need my home to be a clean sanctuary that I can return to after a long day so I'm able to better focus on other areas of my life. When my house is dirty, it's a source of stress. My rule: If it takes less than two minutes, do it now."

— Amber C., 23, Tallahassee, FL



18% **split**

78% you

4% spouse/partner



You're doing most of the food shopping.

Shop easier: Log on to chicory.co (".co" not ".com") to peruse recipe sites, then click on "Get Ingredients" to have your list zapped to an online grocer (like Peapod), which will deliver your items the next day. Available in dozens of cities, like Chicago and Washington, DC.

of you do the family wash—only 5% of men are doing their own laundry (sigh).

And a scant 17% of couples share these duties. (2% use hired help.)



Entice your partner to be a superhero: Slip him a bottle of Hero Clean Ultra Laundry Detergent (\$8.50 for 50 oz.). It has an all-guy scent (with light juniper notes, no florals) and it did a good job in our test removing ketchup, mud, egg and chocolate syrup stains in warm H_2O . A portion of sales benefit Iraq and Afghanistan Veterans of America. Sold at target.com and hero-clean.com.

YOUR FAVE APPLIANCES

- "Bissell Pet Vacuum"
- "KitchenAid mixer"
- "Swiffer WetJet!"
- "Keurig"
- "SodaStream"
- "Cuisinart Stick Blender"
- "Nutri Ninja smoothie maker"
- "Dustbuster hand vac"
- "Dyson vacuum"
- "Eureka steamer"
- "Margarita machine"



1917

Citizens voluntarily ration staples (think Meatless Tuesdays and Wheatless Wednesdays) to help aid the nation's efforts during WW I.



1920

The 19th Amendment is ratified on August 18, finally granting women in the U.S. the right to vote.



1921

GH rallies readers to write Congress in support of a law to fund and improve maternal and infant care. The result? The Maternity and Infancy Act.





Plate and food enlarged to show texture.

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With 40% protein, including real chicken or salmon as the first ingredient, new Purina® Pro Plan® Savor® Shredded Blend adult dry cat food is an ultimate combination of crunchy kibble and tender, meaty shreds. This is **Nutrition that Performs**®.

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BLEND



If you had an extra hour of free time at home...

WOMEN
AGES 18-25

MOST WOULD SLEEP ABOVE ALL ELSE

WOMEN
AGES 25-40

MOST WOULD
WORK OUT
OR READ

WOMEN AGES 40+

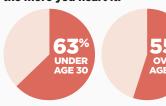
MOST WOULD READ **REST BETTER.** Brookstone Tranquil Moments Advanced Sleep Sounds (\$170, brookstone .com) topped our test with its 16 soothing sounds and ability to adjust the display brightness. And it looks stylish on the night table.

EXERCISE BODY AND BRAIN. Join the audiobook club Audible.com. Membership (\$15+ per month) gets you a free monthly audiobook and discounts. You can also buy audio periodicals, like the *New York Times*.

BINGE-READ. Try Scribd, a kind of Netflix for e-books—it beat nine other services in our test. For \$9 per month, you get an all-you-caneread buffet and can adjust text size and style. Apps available for iOS, Android and Kindle Fire.



More than half of you craft and the younger you are, the more you heart it.



DABBLE IN CRAFTING OR REGULARLY CRAFT

Hey, glue-gunners: Check out our on-demand DIY site, goodhouse keeping.tv, for tons of craft how-tos.

Find a free hour!

Make all the beds using **Covermade** comforters. An elastic band goes underneath the mattress, preventing slippage.

Time saved: 8 minutes On hold with the bank? Hang up! Lucyphone.com (free) calls and connects you to customer service when it's your turn.

Time saved:

Use a garment steamer or **Downy Wrinkle Releaser Plus** (it relaxes fabric's fibers) instead of ironing.

Time saved:
12 minutes (two shirts)

Forget the cleaners— Dryel At-Home Dry Cleaner kit nixes stains and smooths wrinkles by refreshing garments in the dryer.

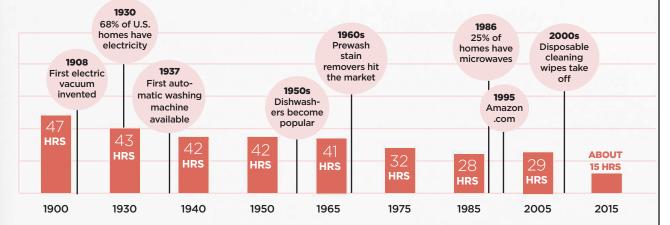
> Time saved: 20 minutes

Cover adjoining cooktop burners with foil (or pot lids) to catch splatters. Then toss the foil or put lids in the dishwasher.

Time saved:



THE HOURS PER WEEK WOMEN SPENT DOING HOUSEWORK (INCLUDING CHILD CARE) THROUGH THE DECADES*—PLUS THE TIME-SAVING INVENTIONS THAT HELPED CUT BACK ON CHORES





1923

Harry Chandler erects the Hollywood sign as a billboard for his real estate development. It originally reads "Hollywoodland."



1924

A tradition begins with the first-ever Macy's Thanksgiving Day Parade, featuring — get this — animals from the Central Park Zoo.



1928

Lucky Strike launches its "Reach for a Lucky Instead of a Sweet" campaign, encouraging women to smoke rather than snack. Even Don Draper would shake his head at this.

WHAT THE TECH?!

NEVER BE LATE AGAIN...

...or forgetful...or disorganized. These new gadgets will make your day run like clockwork

6 A.M. SLEEP IN

Hit Snooze on your phone—and while you're at it, start the coffee from bed with the Mr. Coffee Smart Optimal Brew Coffee Maker with WeMo (\$150).

A tap on the app, and your drink will be ready when you are.



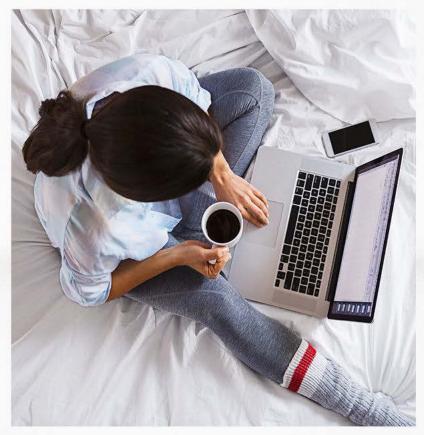
7 A.M. RISE AND SHINE

You wake up easily, since you scheduled a gradual A.M. light-up with the Philips Hue lightbulbs (\$200 for three-bulb kit) and app. (Science lesson: Light helps signal your brain to awaken.)



10 A.M. BEAT TRAFFIC

Dodge detours, thanks to Apple CarPlay or Android **Auto's** navigation features (they'll be built into many 2016 cars and can be installed in older cars for \$700+). Hear a text from your spouse that he left the garage door up; close it handsfree with the MvQ Garage app from Chamberlain (\$130).



3 P.M. "GET" THE DOOR \rightarrow

See an alert on your smartphone from the **Notion sensors (\$199 for threesensor kit)** in your kitchen that two doors were opened: Must be the kids home from school, rummaging in the fridge.

4 P.M. DIAL IN YOUR CHORES →

Get a jump on laundry from work: Start your **Whirlpool Smart Top Load Washer (\$1,399)** from the app so the load will be ready for the dryer by the time you're home.

9 P.M. STALK YOUR KID

Half an hour before your preteen's curfew, you get a motion alert from your **Nest Cam** (\$199) and look to see that she's come home safe—and you give her a verbal high-five through the two-way speaker.



MAKE YOUR DEADLINES Your smart speaker,

Amazon Echo's Alexa (\$180), verbally reminds you to fill out your child's field trip permission slip, due tomorrow.



5 P.M. HEAT THINGS UP

On your way home, the "geofencing" technology on your Honeywell Lyric Thermostat (\$249) senses you're in the neighborhood (through your smartphone's GPS) and adjusts its settings. The place will be cozy when you walk in the door.

A REMOTE FOR YOUR HOUSE

Apple is working to streamline all your home accessories with HomeKit, a control center that lets devices "talk" to one another. You can lock doors, turn off lights and crank the AC with a single command to Siri like "Ready for bed."



1929

The glitz! The glamour! Hollywood hosts the first Academy Awards, where the film *Wings* picks up the award for Outstanding Picture.



1930

Presliced Wonder Bread lands on store shelves throughout the U.S. and finds widespread acclaim as, well, the greatest thing since sliced bread.



1931

O say can you sing? Americans everywhere belt out our new national anthem, "The Star-Spangled Banner."





BUCKLE UP

The car seat test results are in! Take the guesswork out of protecting your most precious cargo with Lab-tested picks and must-know safety tips

GH's engineers vetted 22 seats, evaluating how easy it was to properly install the seat (key for safety!) as well as how simple it was to secure the child. We also looked at the ease of releasing and carrying the seat and more.



GH's car seat pro, Gordon Grajek, looks at fit.

Try it out

Check the store's return policy—not all car seats fit in all cars. We tested seats in a midsize car (Ford Fusion) and an SUV (Ford Expedition).

BEST OF THE TEST

INFANT-SEAT FAVORITE

Chicco Keyfit 30 Magic, \$210 (4 to 30 lbs.)

This was a dream to install, thanks to a centered pull strap requiring less strength than others. It's also compatible with many strollers (with an adapter), and it's light. Your baby will outgrow this, but infant seats are much easier to transport than convertibles (see page 105 to learn more).

Lock it down

To ensure that a seat is secure, use the inch test: Jostle it—if it moves more than an inch in any direction, it's not properly installed.



EASY-TO-INSTALL Convertible

Britax Advocate ClickTight, \$420 (5 to 65 lbs.)

We were impressed with the ClickTight technology, which makes it simple to install the seat—press down until it locks with a click. Shoulder straps adjust readily; the harness-release button is a cinch for you to access—but likely not for your kid.



BUDGET-BUY Convertible

Graco Contender 65, \$140 (5 to 65 lbs.)

Installation is straightforward, and its wider frame makes for better access to baby when in a rear-facing position (often a problem with large convertible seats). Also, the headrest is very easy to adjust.



1932

Amelia Earhart flies solo across the Atlantic Ocean, taking off from Newfoundland and landing in a pasture in Northern Ireland.



1932

GH informs readers that eating sweets can lead to cavities — more than 10 years (!) before the role of sugar in tooth decay is firmly established.



1933

The prohibition of alcohol is officially repealed with the 21st Amendment. Beer, here!



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CAR SFAT **PRIMER**

Before you head off to buy a seat, use our guide to figure out the type that suits your child's age and stage. Having the right seat is crucial to help ensure the security of your little one in a collision. Although motor vehicle fatalities for children under 12 have decreased 43% over the past decade — due in part to increased correct use of car seats - motor vehicle accidents are still a leading cause of death. And three in four seats still aren't used correctly.* Follow our tips (below) for safer rides.



AGES 0-2

INFANT

Designed for rearfacing use only.

It doubles as a baby carrier. making transport a breeze: No worries about waking your baby up-just pop the seat from its base and bring her in. It can be used with a stroller, too.

CONS

Your baby will likely outgrow the seat at around 9 months. Since it's rear-facing only, you'll need to buy another seat sooner than you would with other styles.



AGES 0-5

CONVERTIBLE

Can be used either rear- or forward-facing.

PRO

The higher height/weight limits allow kids to stay rear-facing longer, which the American Academy of Pediatrics advises for increased safety.

CONS

Often on the heavier side, it's not adaptable with strollers and can't be used as a carrier; when rear-facing, the larger seat can be tough to see around.



AGES 0-5+

ALL-IN-ONE Transitions from

rear-facing to forward-facing, then to a booster seat.

PRO

Potentially the only car seat you'll need to purchase (value buy!).

CONS

While your seat may survive years of sticky fingers, it could also pass the manufacturer's expiration date (around six years from time of purchase). Since it's made for many stages, instructions are tricky-keep the owner's manual handy.



AGES 2-5+ COMBO

Made for forward use only—first as a forward-

facing seat, then as a booster.

If you bought an infant seat and now want more bang for your next buck, this model can take your child all the way to car seat graduation.

CON

It's less portable than a booster seat-its heavier frame can make transporting it between cars (and reinstalling it) a pain.



AGE 5+

BOOSTER

For use until seat belt fits correctly: Lap belt must lie across upper thighs (it can harm internal organs in a crash if it's too high) and shoulder belt on the chest Kids should ride in the backseat until at least age 13.

Installation is ultra-easy (and you're likely an expert by now anyway).

CON It's "uncool." Older kids may hate their booster seats, but safety first!

mainly used to keep kids put (some lifted kids up so they could see outside). By the 1960s, some car seats were designed specifically for collision safety. Federal regulations were adopted in 1971. NOW All states require car seats for kids (age requirements vary), and seats are tailored to the age and weight

of the child.

THEN In the 1940s, car seats reportedly were

SURPRISING DANGER

Almost 50% of

polled readers unknowingly dress their kids unsafely for the car seat. Bulky, thick layers, like coats, can get compressed in a crash, putting kids at risk of coming loose from restraints. Instead, dress tots in lightweight clothing (e.g., fleece) and lay a blanket or coat over them once they're buckled in.

SMART WAYS TO REDUCE RISK

Register your seat with the company to get recall alerts Some models from Britax (one of our winners) were recently ed due to a harness-button defect. Many are safe, but to be sure, check your model number at us.britax.com.

Resist buying a used seat Car seats have a stamped expiration date, after which they may no longer be safe. Plus, experts advise replacing a ifter a moderate or severe ent, and you can't always know if yours was in a crash.

Get your seat inspected to ensure proper installation: Visit safercar.gov/parents to find a location near you. Most sites offer the service for free, along with tips for installing and using the seat. The top mistake? Leaving the seat too loose.

*Statistics from National Highway Traffic Safety Administration



1937

Walt Disney Studios releases the first full-length animated feature film, Snow White and the Seven Dwarfs. Nothing to



1940

Nylon stockings are available for the first time at Gimbels department store. More than 64 million pairs are sold in one year.



1940

Dick and Mac McDonald close their hot dog stand and open up McDonald's Bar-B-Q in San Bernardino, CA. The drive-in later develops into the famous fast-food chain. We'll take fries with that!

BEST OF THE TEST

ELECTRIC RANGES

Our appliance pros turned up the heat to find the top new models. These winners out-boiled, -baked and -browned the competition

What do our experts look for in a range?

Genius features (like smart diagnostics), ease bells and whistles excels at good old-fashioned cooking. Shop for these Lab-vetted picks.

THE WINNER

Frigidaire Professional FPEH3077RF (\$2,500)

This champ wowed with exceptional performance. The oven and stovetop heat evenly, so you can bake perfectly browned cakes and steadily simmer a Bolognese without scorching. With large knobs, bar handles and stainless steel for days, it gives you a high-end look without a posh price.

GOOD TO KNOW Dual

timers let you track dishes on the stovetop and in the oven simultaneously.

Oversize window Helps you see what's cookin'.



Surprising finds from our tests

- Don't assume a higher price tag equals better performance. Costly models didn't necessarily deliver better results than less expensive ones.
- Nearly all of the ranges we tested broiled steaks poorly. (Medium-rare sirloin came out gray, not browned.) Our advice: Get out the grill.
- 3 Although gas ranges are more responsive, electric ones boil water fasterwho knew?!
- About 27% of you 4 don't use a hood when cooking, but you should. Vented hoods suck up unhealthy fumes (like carbon monoxide). We like Broan-NuTone hoods.



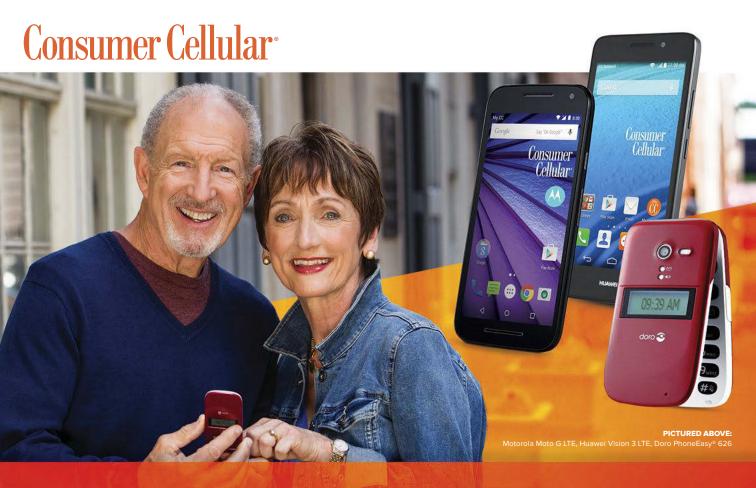
Women get thrifty during wartime, creating DIY cosmetics like burnt cork as mascara, beetroot juice as lipstick and gravy browning as leg tint.



Clark Kent who? Wonder Woman makes her starspangled debut, becoming the most famous comic book heroine of all time



Women are officially accepted into military service. Proud to lend a hand. more than 350.000 women serve throughout WW II.



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1910



THEN The Institute first told readers about the electric range, a new "fireless" way to cook. Although the electric stove was invented in 1892, electricity wasn't widely available until the late 1930s.

NOW We test a fresh crop of ranges every few years in our state-of-the-art Appliances Lab.

MORE OVEN LOVIN'

These three models also topped our test and offer unique features depending on your baking needs, price point and sense of style.



Best for Budget Bakers GE Profile Series PB911SJ1SS (\$1,100)

Don't let the low price fool you—this model turned out some of our highest scores, including an A+ for cake baking. It was also the easiest of all our winners to use—the touchpads are intuitive and responsive. Because of its smooth surfaces (no knobs!) and self-cleaning mode, it's a cinch to clean.

GOOD TO KNOW

Its oven lockout feature automatically disables oven and stovetop controls.



Best for Multitaskers LG LDE4415ST (\$1,800)

Family dinners are a breeze with this double-oven gem—you can broil salmon for the adults in one oven and bake chicken nuggets for the kids in the other. It's also equipped with Smart Diagnosis, a program that transmits data to the LG Smart Oven app, troubleshooting issues such as a faulty convection fan (it can tell the help center what part you need).

GOOD TO KNOW

This was one of the few units whose oven was easy to see inside, due in part to its cobalt blue interior.



Best for Foodies

Viking Professional 5 Series VISC5304BSS (\$8,310)

For those who want a commercial-style range, this Viking is the Hummer of cooking. It boiled water in under 13 minutes (the fastest time in our test), thanks to its speedy induction cooktop. It also has a self-cleaning cycle—a rarity in pro models—and comes in chic hues like graphite and burgundy.

GOOD TO KNOW

Yes, it's pricey, but this high-quality range can add resale value to your home.



Sharon Franke, Director, Kitchen Appliances and Technology Lab

@sharonfranke

HOW OFTEN SHOULD I USE THE SELF-CLEANING CYCLE?

Whenever your oven looks dirty—otherwise, baked-on spills will smoke and smell during cleaning. Just before Turkey Day is an ideal time to use the self-clean mode so odors won't bother your guests. If you're worried it's dangerous because of the high temps, don't be: It's safe. And it's a no-brainer—no oven cleaner or elbow grease needed. Note: Don't fall for the new steam-clean mode—in our tests, it didn't work.

WHEN SHOULD I USE CONVECTION? In the

Lab, we get good results when roasting meats, but results are inconsistent when baking. Convection works by circulating air in order to speed cooking and produce browning. So during baking, cookies may show a "sand drift" pattern from moving air, and browning might not be even. Try baking with and without convection to see which setting works best for you.

HOW DOES INDUCTION FUNCTION? Coils

under the stove's glass surface create an electromagnetic field that "induces" magnetic cookware to heat up—the cooktop never gets hot (if a magnet sticks to your pot, it's induction-safe). It's the fastest way to cook: You can boil six quarts of H₂O in less than 15 minutes. When you lower the setting, heat is reduced immediately to prevent boilovers.



1943

Everyone's favorite Scandichic home goods store, IKEA, is founded. Among the first products offered: pens, wallets and watches.



1945

Aveeno — its name is from the Latin word for "oat" — teams up with the Mayo Clinic to develop an oatmeal bath for eczema-prone skin.



1946

Designer Louis Réard debuts a two-piece swimsuit at a pool in Paris. He names the design after Bikini Atoll, where atomic bomb testing has begun.



THEN The original steel-wool scouring pads (invented in 1913) were created by a cookware salesman and a jewelry cleaner to tackle stains on the new aluminum pots of the day. Brillo even offered a "utensil-back guarantee" in a 1939 ad (left). **NOW** The company has expanded its offerings—its no-scratch Estracell sponges are made with special synthetic fibers that dry fast and resist bacteria. Brillo Estracell Sponge & Wipe, \$2 for three sponges





TIDE

he

THEN The first synthetic detergent in the U.S., Tide replaced soap, whose fatty deposits left a residue. Tide rinsed out easily, taking soil with it. **NOW** Today's energysaving machines need formulas that work in cool temps, like Tide Coldwater Clean, which has earned our Green GH Seal—tough on stains, easy on the planet.

Tide Coldwater Clean, \$16 for 48 loads



BEFORE THEY WERE

SEAL STARS

These MVPs have been cleaning house for decades

1904



BISSELL

THEN After her husband died, Anna Bissell became America's first female CEO in 1889. **NOW** The new ProHeat 2X Revolution carpet cleaner (*right*) makes deep cleaning a breeze: With its Express Clean Mode, the carpet dries in about one hour. And believe it or not, updated versions of the iconic Carpet Sweeper (left) are still sold.

Bissell ProHeat 2X Revolution, \$190, exclusively at Walmart





CASCADE

THEN This staple has had our Seal since 1984 (that's one of its first GH ads above). NOW It's always been a top pick in our detergent tests, removing stuck-on food and leaving glassware spot-free. It performs so well that we use it when Lab-testing dishwashers. We like the no-mess packs! Cascade Platinum ActionPacs, \$16 for 64-count package



1947

Earl Silas Tupper patents Tupperware, soon having reps host parties to sell his food-storage products directly to homemakers.



1950

Clearasil, one of the first lines devoted solely to treating and controlling acne, is invented. Bye-bye, blemishes!



After European studies confirm that smoking causes cancer. GH bans cigarette ads in the magazine, 13 years before the government mandated warnings.



"Being able to identify different skin needs, AND the right products to address them, is one of the easiest ways to achieve healthy looking skin."

-DR. FLOR MAYORAL, MD

SKIN SCIENCE MADE SIMPLE

LISTENING TO OUR SKIN'S NEEDS IS KEY TO MAINTAINING PROPER MOISTURIZATION.

Dermatologist **Dr. Flor Mayoral** believes in "empowering people with the tools to manage their skincare." Here, her simple checklist will help you identify most common skin concerns and find the clinically proven formula to help.

Diagnostic	Checklist
------------	-----------

Check all that apply:

- 1. Itchy Skin
- 2. Sensitive Skin
- 3. Dry, Flaky Skin
- 4. Irritated Red Patches
- 5. Eczema Flare-ups



☑ 1. ITCHY SKIN

Cold weather, low humidity, excessive bathing and strong soaps can leave skin irritated.

To comfort skin that's dry and itchy, try **Eucerin Skin Calming Creme**. The natural oatmeal and emollient-rich formula soothes skin and provides 24-hour moisturization.



☑ 2. SENSITIVE SKIN

When you have sensitive skin, it can be unpredictable and challenging to identify the cause.

Deep and gentle moisturizing creams are perfect for the driest and most sensitive skin. **Eucerin Original Healing Creme** protects skin from moisture loss. This formula relieves dry skin associated with psoriasis and won't clog pores.



☑ 3. DRY, FLAKY SKIN

Chemicals, weather, sunlight, and detergents can all leave skin rough and flaky.

Use a lotion like **Eucerin Intensive Repair**, which doesn't just moisturize skin, but repairs it with a unique tripleaction formula that gently exfoliates, hydrates for 24 hours, and fortifies skin, leaving it looking healthy and radiant.



While the exact cause is unknown, when you suffer from eczema, it's hard to imagine a day without scratching.

Eucerin Eczema Relief Body Creme's unique steroid-free formula is clinically proven to fortify dry, itchy, eczemaprone skin. With daily use, 4 out of 5 children remained flare-up free for up to 6 months.

☑ 5. ECZEMA FLARE-UPS

For sudden eczema outbreaks, try **Eczema Relief Flare-Up Treatment**, which instantly calms, soothes, and relieves minor skin irritation and itching due to eczema flare-ups.



(LEAR the FIII.



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Drug-free sleep aid

30 Cherry Flavor





www.MidNiteSleep.com

Use as directed



Test Your
Health Smarts

We admit it—sprinkled into our wellness wisdom over the years have been a few clunkers (sorry, spot training doesn't work). Can you guess which tips are as good as the day they were published—and which should go the way of the cotton ball diet? (We never recommended that, by the way.) →

YOU CAN STRETCH YOUR WAY TALLER

"Stand with back against edge of door. Stretch left arm up and back in swinging motion." (1959)

LEGIT Good posture does help you look longer and leaner—plus, it can ease tightness in the neck and back. The stretch we offered on our 56-year-old record doesn't stray far from the updated version from GH trainer on call Latreal Mitchell.



POSTURE STRETCH

- Stand with back pressed against a wall, arms flat against wall, elbows bent and hands at shoulder height. Keeping elbows, wrists and backs of hands touching the wall, reach fingertips up toward ceiling until arms are straight. Slide elbows back down toward sides, squeezing shoulder blades together.
- Do 15 reps. three times a week.



STRESS CAUSES STOMACHACHES

"The everyday pressures of life can hit below the belt—literally. Doctors say stress can be the cause of such problems or at the very least the trigger for flareups." (MAY 1997)

of painful irritable bowel syndrome, but new research says it doesn't actually cause it. More likely, IBS is the result of a past infection, possibly food poisoning, that triggers the production of antibodies that impair the nerves in the gut, says Mark Pimentel, M.D., of the Cedars-Sinai Medical Center. A new blood test can reveal whether you carry the antibodies, and two drugs recently OK'd by the FDA may help: Viberzi eases the stomach contractions that contribute to diarrhea, and Xifaxan, an antibiotic, alters gut flora.

WE SAID WHAT?

"Pure ice cream is greatly favored by doctors as palatably conveying a large amount of nourishment." (AUGUST 1910)



1940s

MARGARINE IS HEALTHIER THAN BUTTER

"Practically all the margarine sold is made from vegetable oils churned in a culture of skimmed milk...both children and adults may use [it] safely in place of butter." (April 1943)



LAME Be careful with margarines. Some may still contain partially hydrogenated oils, the sources of heart-harmful trans fats. Until the

FDA mandate to remove partially hydrogenated oils from the food supply takes full effect, check labels!



1954

In Brown v. Board of Education, the court rules that racial segregation in public schools is unconstitutional



1954

Swanson adds turkey to aluminum trays with veggies. Voilà—the first massmarket TV dinners.



1955

Rosa Parks, 42, is arrested in Alabama for refusing to give up her seat on a bus to a white man.



1900s

"MOTHER'S INSTINCT" IS REAL

A mother "wakes when the baby is uncovered, is aware of his need of food before he has expressed it and senses when he is in danger." (FEBRUARY 1907)



heightened, likely thanks to greater amounts of the stress hormone cortisol, says Robin Edelstein, Ph.D., professor of psychology at the University of Michigan. Cortisol levels increase quite a bit during pregnancy and stay somewhat elevated postpartum, which may help women be attentive to their infants, says Edelstein. There you have it, moms: proof of your superpowers!

WE SAID *WHAT*?

"To reduce a fat
neck...with the
fingers of the
right hand held
close together,
work under chin
with firm rotating
motion."

And here we've been wasting our time with



1950s

THE BEST SOURCE OF CALCIUM IS MILK

"The body appears to absorb calcium from milk or milk products more efficiently than from other sources." (MARCH 1935)

LAME True, milk and other low-fat dairy products, like cheese and yogurt, are great for upping your calcium intake. But don't forget about fatty fish (sardines canned with bones, anyone?), which also provide vitamin D—an important nutrient for optimizing your body's absorption of calcium, says GH Nutrition Director Jaclyn London, M.S., R.D. Eating veggies like

broccoli and kale can also help meet your needs.



1950s

YOU CAN SHIVER YOUR WAY SLIM

We advised readers to "...wrap your torso in towels chilled in water clinking with ice cubes" between workout moves. (AUGUST 1957)



LEGIT Sounds crazy, but there is some science behind this idea. When you're cold, your body taps into its brown-fat stores, burning extra

calories to maintain a healthy temperature, says George King, M.D., research director at Joslin Diabetes Center in Boston. No more excuses for skipping winter workouts!



GH TOLD YOU FIRST

WHOLE WHEAT IS
HEALTHIER: In 1913,
Director of the GH
Institute Dr. Harvey
Wiley bucked nutrition
norms by declaring
whole grains more
nutritious than "pure"
white bread and rice.

FAD DIETS DON'T WORK: In 1914, the article "Swindled Getting Slim" declared: "Don't believe anyone who tells you that you can reduce your weight without dieting, exercise and right living. Overeating and under-exercising are the main causes of too much fat."

WE OVERDO SUGAR:

In 1927, we noted:
"The trouble with
sugar is we use too
much of it." Back then,
we each averaged
100 pounds of the
white stuff a year.
Today, we consume
close to 150 lbs.

SMOKING KILLS:

GH alerted readers to the link between smoking and cancer of the throat, tongue and lips in 1928. In 1952, we stopped accepting cigarette ads—12 years before the U.S. Surgeon General issued a report on the health hazards of tobacco.



1960

Harper Lee's To Kill a Mockingbird is published; it has now sold over 40 million copies worldwide.



1961

The dress that launched a thousand look-alikes: Hubert de Givenchy designs the LBD for Audrey Hepburn's pinnacle role in *Breakfast at Tiffany's*.



1961

Julia Child's culinary pièce de résistance, Mastering the Art of French Cooking, is released, revolutionizing the way American women cook.



Absorbs faster than Depend* to help you feel comfortably dry.

Get laugh-all-you-want protection, with Always Discreet for sensitive bladders. Because hey, pee happens. For coupons and your free sample,† go to alwaysdiscreet.com.



So bladder leaks can feel like no big deal. *always*





1910s

MEAT IS THE PERFECT PROTEIN

"...as a practical, everyday all-theyear-round source of protein, there is nothing like MEAT!" (MAY 1913)

LAME Make more room on your plate for plant-based proteins like beans, lentils, tofu, nuts and, yes, even veggies, urges our nutrition director. Since plants also serve up fiber, phytonutrients and antioxidants, swapping them in for meat in meals at least once per week can lower chronic-disease risk.

1980s

SUGARY SNACKS HELP YOU SNOOZE

"Drinking the proverbial glass of warm milk may not be the best way to get to sleep at night. You'd be better off eating a sugary or starchy snack." (FEBRUARY 1984)

LEGIT Surprise! Sugary, starchy foods trigger the production of serotonin, the "happy hormone" in your body that induces feelings of calmness. (The protein in milk, on the other hand, might not hasten sleep.) If you're peckish before bed, top a slice of wholegrain bread with 1 Tbsp. of jelly. Sweet dreams!



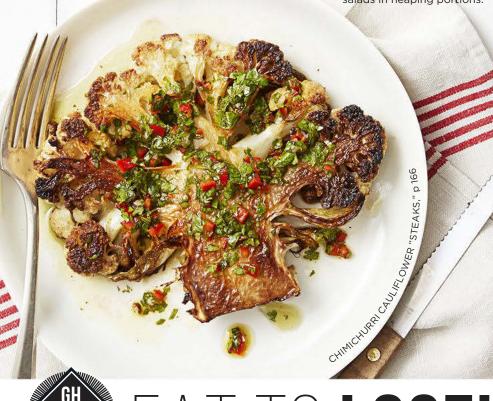
1962

The Dayton Company hits a shopping bull's-eye with the opening of its new discount chain store, Target. LIFE, WIDE OPEN. North Dakota's wide-open spaces have a way of making any vacation come to life. Start your journey at LegendaryND.com. Little Missouri National Grasslands, near Medora



SUPER "STEAKS"

This 'flower packs weight-loss power: At 150 calories per head, you can eat it as an entrée (put an egg on it!) or add it to soups and salads in heaping portions.



GH SUPERCARB DIET

EAT TO LOSE!

Our no-hunger plan trims pounds fast by knocking out cravings. The secret: eating more (yes!) body-friendly carbs. Here's how:

BREAKFAST

Every day, power up with a filling breakfast that packs fiber-rich super grains (100% whole wheat bread, pasta, quinoa, buckwheat, brown rice), protein and healthy fat. Perfect morning meal: two eggs on a wholegrain English muffin.

LUNCH & DINNER

Pile on plenty of naturally low-calorie veggies like cauliflower, broccoli and leafy greens. Keep the good-for-you fat and lean protein and get your carb fix with super starches like beans, sweet potato, squash and pumpkin.

SNACKS

Munch twice a day on fruit or veggies plus protein — try
1 c. carrots and 2 Tbsp. hummus. You'll total about 1,500 calories daily without ever feeling hungry. Let the slim begin at goodhousekeeping.com/supercarb.



Jaclyn London, M.S., R.D.

GH Nutrition Director

@jaclynlondonRD

ymonac

HOW CAN I AVOID HOLIDAY OVEREATING?

FILL UP WITH FIBER.

Load your Thanksgiving plate with non-starchy veggie stars like broccoli, bok choy, cabbage, Brussels sprouts and, of course, cauliflower. Then top with turkey and dig in! No portioning, no calorie-counting—just satisfying, nutritious deliciousness.

TRY THE RULE OF TWO.

Choose one savory and one sweet indulgence; treat yourself to a hearty helping of each (e.g., a serving spoon's worth of stuffing and one slice of pie). Since you've already filled up on veggies, you'll be less tempted to OD on the richer fare.

DON'T WASTE CALORIES.

Skip ho-hum foods you can eat anytime, like rolls or store-bought cookies. And pack up leftovers to send home with guests.

HAVE A QUESTION? E-MAIL ASKJACKIE @GOODHOUSEKEEPING.COM.



1963

Betty Friedan publishes The Feminine Mystique. Her inspiration? The strong reaction she got to her 1960 GH article "Women Are People, Too!"



1965

On August 6, President Johnson signs the Voting Rights Act, guaranteeing African Americans the right to vote in federal, state and local elections.



1966

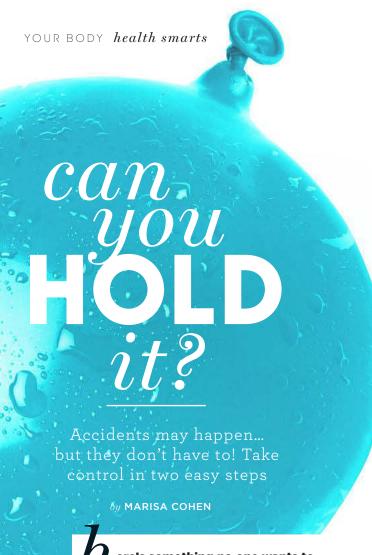
Bobbi Gibb becomes the first woman to run the Boston Marathon (then open to men only) after sneaking onto the course and disguising her gender.



DISCOVER ONE ESSENTIAL SOLUTION FOR MANY SKIN CARE NEEDS.



EXPLORE & SHARE. DISCOVERAQUAPHOR.COM



ere's something no one wants to Utalk about: Although most of us are born with a strong pelvic floor (the group of muscles that hold up your uterus, bowel and bladder), we may not all stay so firm. Some combination of genetics, childbirth, weight gain, age and even chronic coughing and constipation can eventually undermine or push on the area, causing a range of annoying conditions. You could suffer from sexual pain, pelvic-organ prolapse (a bulge that makes you feel as if your uterus is about to fall out — no joke!) or, most commonly, stress urinary incontinence (SUI), a.k.a. uncontrollable leakage. The good news is that SUI may be preventable and even reversible. All you need is this simple fix-it plan.

step 1→ SEXERCISE OFTEN

Kegels aren't just for new moms: They should be continued throughout life. Do them daily to build up your pelvic floor (and boost your romantic life, too).

FIND THE RIGHT

MUSCLES You can't work them unless you know where they are. To locate them, stop your urine flow midstream and squeeze up as if you're trying not to pass gas.

OPEN/SHUT THE EXIT

To gain more power over the point of leakage, focus on manipulating the muscles responsible for closing the urethra. Squeeze for two seconds, then relax for two seconds. Work up to doing three sets of 10 reps.

TIGHTEN UP INSIDE

To gain interior strength (the kind that lets you safely carry a heavy box), contract and pull in muscles for up to 10 seconds. Do three sets of 10. Rest for 10 seconds between sets.

MAKE KE Snag the KG

MAKE KEGELS MORE FUN

Snag the KGoal (\$149, minnalife.com), a fitness tracker for *down there*. Insert it while you do your Kegels, and it will nartphone when you squeeze correctly.

signal your smartphone when you squeeze correctly. (It also vibrates for feel-good motivation!)

step 2 → PREVENT AN "OOPS"

While you're waiting for the effects of toning to kick in, these measures offer major help.

DISPOSABLE Pads made for the problem (Tena, \$13 for 30) hold urine better than period pads, and some are slim enough to fit beneath your regular briefs. Also consider "underwear" options like Always Discreet (\$14 for 21).

REUSABLE- A pessary helps support the urethra during activity that could cause leakage, such as exercising. A traditional pessary is fitted by an M.D., but you can also buy

disposable Poise Impressa Bladder Supports (\$16 for 10) over the counter.

PERMANENT If do-ityourself tactics don't work, the gold-standard treatment is usually an outpatient procedure to insert a supportive sling that permanently lifts the pelvic floor. It eases symptoms for 60% to 80% of women with SUI and is safer than the oft-maligned transvaginal mesh surgery for prolapse.

OUR EXPERTS: Los Angeles urologist and sexual-health expert Jennifer R. Berman, M.D.; pelvic-floor physical therapist Stephanie Hahn, coauthor of A Woman's Guide to Pelvic Health; Kay Hoskey, M.D., urogynecologist at Anne Arundel Medical Center in Annapolis, MD



1967 Aretha Franklin's iconic call-to-action tune, "Respect," is released. R-E-S-P-E....you get it.



1969
Apollo 11 astronauts Neil
Armstrong and Buzz
Aldrin take one small step
for man...on the moon.



1970

Paul McCartney announces that he's leaving the Beatles, marking the unofficial end of the Fab Four. Hello, goodbye.



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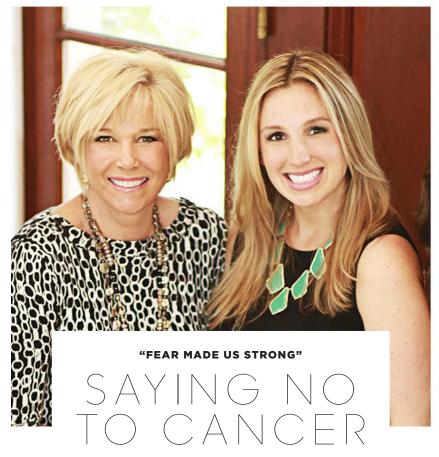






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When **Joan Lunden** was diagnosed with breast cancer in June 2014, she knew she was in for the fight of her life. But she wasn't alone. Joan and daughter Lindsay sat down exclusively with GH to share their family's battle

he former cohost of Good Morning America and mother of seven went from planning a baby shower for daughter Lindsay Krauss Weinberg, 32 (above), to juggling chemotherapy, radiation and a lumpectomy as her family faced the shocking possibility of losing her. Now that Joan is NED (survivor-speak for "no evidence of disease"), Joan and Lindsay open up about their new mission to educate women to minimize the risks and be their own health advocates.

JOAN: I interviewed [renowned breast cancer researcher] Dr. Susan Love, and she said, "Do you get mammograms?" I said, "Yes, but they say they can't see anything, because I have dense breasts." She told me to get ultrasounds as well. If it hadn't been for that interview, I don't know if I'd have had the ultrasound [that detected my tumors]. They kept going back to a spot, and I heard, "We see something. You're going to have to get it biopsied." When the doctor walked in with the [biopsy] results, she didn't look at me. I'd seen enough Law & Order to know I wasn't getting off. She said, "You have Stage II triple-negative breast cancer."

LINDSAY: The doctor said she'd need chemo, and Mom asked, "Am I going to lose my hair?" A natural question. And the doctor said, "Yeah, you're going to." THROWBACK

THEN Showing off her two bundles of joy. NOW Joan's new memoir, Had I Known (Harper-Collins, \$27), details her struggle against breast cancer.

I could feel her crumbling. She suddenly realized the severity of what was going on.

JOAN: I chose the most toxic, most aggressive therapy I could...12 rounds of chemo. But I had the most aggressive form, a fast-growing cancer. After one treatment, before I had even lost any hair, I texted my girls that I'd shaved my head, and they were all like, "Has Mom gone crazy?" There was stubble all over. I went to my hairdresser and asked him to make it platinum. [She later went public with her completely bald head on the cover of *People* in October 2014.]

LINDSAY: None of us panicked. We're not really alarmists in that sense. And because my job was working for her, I was able to be there. I'm vice president of Joan Lunden Productions and manage all her endorsements and her website and social media. I'm protective, but I'm also very affected by stress and pressure.

JOAN: I didn't want anything to harm her or her baby. But she's my daughter, my sounding board, my business partner. Our lives are incredibly intertwined.

LINDSAY: You feel guilty having selfish thoughts. Your mom has cancer! Then you feel the baby kick, and you're like, Wait, this is still going on. How am I going to keep calm? My stepfather [told me] it was OK to be selfish. But I don't think any of us felt burdened, because we're so close.

JOAN: The day [Lindsay's daughter] Parker was born was one of my sickest →



Klorane Laboratories invents the first dry shampoo, giving blowout addicts everywhere a reason to let down their second-day hair.



The first female agents are sworn in at the FBI. By year's end, 11 Jane Bonds have ioined the bureau.



In a landmark decision, the Supreme Court overturns the ban on pre-viability abortions in Roe v. Wade.

days. You feel like you have the worst flu, due to the drugs you take to make it through the chemo. You feel major pain in your back, your pelvis, all your major bones. That day, it was like two people inside my body: One was so excited; the other could have lain down on the floor and slept. I didn't want [Lindsay] to know.

LINDSAY: I knew. You're my mom—we're so connected. One thing I learned is that it was possible for two truths to exist at the same time: the joy [of my pregnancy] and the scariness [of my mom's cancer]. We'd be at appointments and [I'd think], Here I come with my big belly! There was no ignoring the happiness that that was bringing us. And that's how it was when I gave birth: We were supportive of my mom, and we were also happy, and neither took away from the other.

JOAN: It's usually women who get breast cancer, and we're the caretakers. We're not used to being the ones to accept help. The wonderful thing about the breast cancer community, and our world today, is it's OK to talk about the fact that you



SURVIVOR SMARTS

Joan's goal is to empower women. "When the NFL is wearing pink during October, we've got plenty of awareness," she writes. "What we need more of is education."

have breast cancer. And because we do, more money is going toward this than toward any other kind of cancer.

LINDSAY: The treatment my mom had was new. If that money wasn't going into research, then that drug wouldn't exist.

JOAN: The other day a woman in front of me was bald, going through chemo and very teary. You feel unfeminine, unlovable—that everybody looks at you as sick, as less of a woman. I said, "Don't worry; I was a mushy mess also. But look at me now. This is going to be you." [You go] through this, you get to the other side and you say, "OK, I survived; I need to help the next one through."—Lori Majewski

HOW TO FIGHT CANCER AS A FAMILY

USE THE BUDDY SYSTEM. "It's so important, when you get a diagnosis, to have someone with you," says Joan. "You're in shock."

TAKE NOTES. "Grab a notebook and make it *the* notebook," advises Lindsay. "Pass it off to whoever's going to the next appointment. I also took pictures of my notes and e-mailed them to my sisters."

ASK QUESTIONS. "It can be intimidating when you hear new language," says Lindsay. "You need to have no shame about [asking what it means]." Adds Joan, "At first, 'triple-negative' sounded *good*!" (It describes a tumor that will not respond to certain therapies.)

DESIGNATE AN ADVOCATE. Lindsay informed loved ones of her mom's cancer and sent out e-mail updates on her behalf. Having one point person makes managing the facts and emotions easier on everybody.



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THE ART OF

MAC & CHEESE

GOOD HOUSEKEEPING

YOUR KITCHEN

THROWBACK

1980



THEN Lattices, cutouts, "naked" pies—oh, my!
Toppers took many
forms in our 1980 Turkey
Day story. **NOW** Crust is
art—try shapes, braids
or even words. Do your
thing, Pie-casso!

THAT'S GENIUS!

Cookie Cutter Crust

You can (criss)cross an intricate lattice crust off your to-do list. Instead, use a cookie cutter to create a wow topper. It's easy as...well, you know. See the recipe, page 164.

very berry apple pie

Susan Westmoreland

Food Director

@ghtestkitchen

LUMP-FREE GRAVY TRICK

Swap in instant mashed potatoes for flour to whip up smooth, creamy, gluten-free gravy! Whisk ½ c. potato flakes into 4 c. hot turkey broth and boil 1 min. Let stand 5 min. to thicken.





RACK HACK: Take a cue from our May 1986 issue and place the turkey on a bed of celery stalks and carrots. The meat won't stick to the pan—and you'll have extra-flavorful veggies to snack on later.



that's genius!

(ICED) CREAM

Stash frozen whipped-cream mounds to fancy up cocoa, pie or anything else in a pinch: Whisk cold heavy cream until fluffy but stiff, then spoon into a piping bag (or a plastic bag with a corner cut off). Squeeze onto parchment paper, then freeze. Bring on the unexpected guests!



ĽORÉAL

1973

L'Oréal launches its "Because You're Worth It" campaign. Appropriately, the iconic line was dreamed up by a woman.



1974

Diane von Furstenberg creates the wildly flattering jersey wrap dress, helping women everywhere love their curves.



1976

Apple is formed by Steve Jobs and Steve Wozniak. Its first computer, the Apple I, sells for \$666.66.







EASY WEEKNIGHTS

Whip up **23 tasty recipes** with five secret ingredients

BUFFALO MAC 'N' CHEESE

Cook 12 oz. elbow pasta or shells as label directs. adding 3 c. shredded carrots to boiling water just before draining. In 4-qt. saucepot, heat $\frac{1}{2}$ c. low-fat (1%) milk and ½ tsp. garlic powder on med. until hot. Slowly stir in 2 c. finely grated sharp Cheddar cheese and 1 c. crumbled blue cheese until melted and smooth. Remove from heat. Whisk in 3/4 c. plain nonfat Greek yogurt, 1/4 c. hot pepper sauce and 1/8 tsp. salt. Toss with pasta and carrots. Garnish with parsley.

SERVES 6 ABOUT 475 CALS 24 G PROTEIN, 50 G CARBS, 20 G FAT (12 G SAT), 3 G FIBER, 920 MG SODIUM.

3 MORE IDEAS FO

HEALTHY MASH Whip 1 c. Greek yogurt into 4 lbs. mashed potatoes. Stir in caramelized

onions.

CREAMY SALSA
Mix 1 c. with 1/4 c.
each chopped red
onion, olives and
cucumbers. Use on
sautéed fish.

ZIPPY HORSERADISH SAUCE

Blend 1 c. with 1 Tbsp. each parsley, horseradish and lemon juice. Great on roast beef!

photographs by MIKE GARTEN food styling by SHERRY RUJIKARN prop styling by CATE GEIGER









TURN LAUNDRY TIME







ORIGINAL

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Rhubart





YOUR PANTRY

Cajun-Spiced Turkey

THEN In 1905. we dared to braise the bird instead of roasting it. **NOW** This golden New Orleansstyle turkey shows how far we've come in 110 years.

PREP 45 MINUTES TOTAL 4 HOURS PLUS RESTING

2 Tbsp. smoked paprika 1 Tbsp. celery salt 1 Tbsp. garlic powder 1 Tbsp. black pepper 2 tsp. onion powder 2 tsp. dried thyme ½ c. (1 stick) butter, melted 1 med. turkey (about 12 to 14 lbs.), giblets and neck removed from cavity 1 med. green pepper, seeded and chopped 1 med. onion, chopped 6 cloves garlic, smashed 1 stalk celery. thinly sliced Apple Cider Gravy and/or No-Cook Rémoulade (right)

1 Preheat oven to 350°F. Arrange oven rack on lowest position. In med. bowl, combine paprika, celery salt, garlic powder, black pepper, onion powder and

thyme. Set aside 2 tsp. spice mixture for rémoulade. To mixture in med. bowl. add butter and 1 Tbsp. salt: stir to combine. Pat turkey dry; arrange breast side up on rack in roasting pan. Tuck wings behind turkey. Gently separate skin from breast and around sides of turkey. Brush spiced-butter mixture inside turkey, underneath skin and all over outside. Stuff cavity with green pepper, onion, garlic and celery; tie legs together with twine. Sprinkle all over with 1 tsp. salt. Pour 2 c. water into bottom of pan. Roast 2 hrs. Loosely tent turkey with foil. Roast 30 to 45 min. longer or until thermometer inserted into thigh reads 165°F. Remove foil: let stand 20 min. before carving. While turkey rests, prepare Apple Cider Gravy, if using. Serve turkey with rémoulade and/or gravy.

SERVES 12 About 500 cals, 70 g protein, 2 g carbs, 22 g fat (9 g sat), 1 g fiber, 1,165 mg sodium.

Apple Cider Place roasting pan with turkey drippings on 2 burners. Heat on med. Sprinkle

1/4 c. all-purpose flour over drippings. Cook 2 min., stirring with wooden spoon. Whisk in 2 c. apple cider and 1 c. water until smooth. With spoon, scrape up browned

bits from pan. Heat

to simmering on

med.-high. Simmer 5 min. or until reduced slightly, stirring. Strain into fat separator. Makes 2²/₃ c. Serve hot.

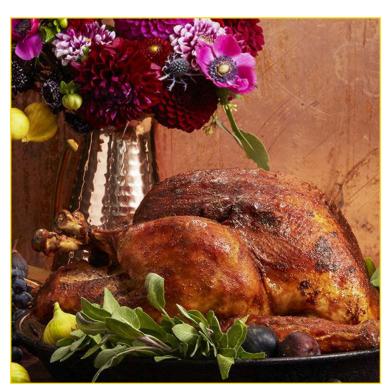
SERVES 12 About 40 cals, 7 g carbs, 1 g fat, 5 mg sodium.

No-Cook Rémoulade

In med. bowl. whisk

2 Tbsp. finely chopped parsley; 1 Tbsp. **ketchup:** 1 Tbsp. lemon juice: 2 tsp. Worcestershire sauce; 1 green onion, finely chopped; and reserved 2 tsp. spice mixture. Makes 11/4 c. Can be made up to 1 day ahead. Keep refrigerated until 30 min. before serving.

SERVES 12 About 45 cals, 1 g protein, 2 g carbs, 4 g fat (1 g sat), 145 mg sodium.



<u>Grāvy</u>

½ c. buttermilk: ¼ c. mayonnaise; 2 Tbsp. Dijon mustard;



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GOODHOUSEKEEPING.COM/SUBSCRIBE. IT'S LIKE HAVING A NEW COOKBOOK EVERY MONTH!



Blue jean baby Brooke Shields shocks in a Calvin Klein ad with the line "You wanna know what comes between me and my Calvins? Nothing."



Whole Foods Market opens in Austin, revolutionizing the natural-foods industry one jar of organic, non-GMO peanut butter at a time.



Essie premieres its first 12 'unconventional" nail-polish shades, including Baby's Breath, a pretty pink-white.



finger foods like our Shrimp Toasts from 1979 ruled the day. NOW Today's savory update features bold Asian flavors.

PREP 30 MINUTES TOTAL 35 MINUTES

1 Ig. baguette, sliced 4 Tbsp. butter, melted ¼ c. packed fresh cilantro leaves, plus more for garnish 1 jalapeño chile, seeded and sliced 1 sm. shallot, sliced 4 thin coins peeled fresh ginger, coarsely chopped

- ¼ tsp. sugar
 ¾ c. panko (Japanese bread crumbs), divided
- 1 lb. shelled, deveined shrimp
- 2 Tbsp. mayonnaise Sesame seeds, for garnish

1 Place oven rack 6 in. from broiler heat source. Arrange baguette slices in single layer on lg. foil-lined cookie sheet. Broil 1 to 2 min. or until tops are golden. Turn baguette slices over. Brush with some of melted butter; set aside remaining butter and baguette slices. 2. In food processor, pulse cilantro, jalapeño, shallot, ginger, sugar, ¼ c. panko and ¼ tsp. salt until finely chopped. Add shrimp and mayonnaise; pulse until shrimp are just

finely chopped, stopping and scraping side of bowl occasionally. Divide mixture among baguette slices. In sm. bowl, combine remaining ½ c. panko and reserved melted butter. Top each toast with panko mixture, pressing to adhere. Broil 1 to 2 min. or until browned and shrimp are cooked through. Serve topped with sesame seeds and cilantro leaves.

SERVES 12 About 190 cals, 10 g protein, 25 g carbs, 6 g fat (3 g sat), 1 g fiber, 540 mg sodium.

Trio of Cheese Balls

THEN Hostesses in the 1940s served up one large cheese ball coated with herbs. NOW We're rolling out minis in three fun flavor combos.

"EVERYTHING" Combine 1/4 c. sesame seeds, 2 Tbsp. poppy seeds, 2 Tbsp. dried onion flakes, 2 tsp. coarsely ground black pepper and 1/4 tsp. salt. With mixer, beat 2 bricks (8 oz. each) reducedfat cream cheese, softened, with 2 Tbsp. seasoning mixture. By 2-Tbsp. portions, scoop and roll into balls. Roll in remaining seasoning mixture, pressing to coat.

SAVORY DILL
With mixer, beat
1 brick (8 oz.)
reduced-fat cream
cheese, softened,
with 1 c. crumbled
feta cheese, 1 Tbsp.
finely chopped fresh
dill and 2 tsp. lemon
juice. By 2-Tbsp.
portions, scoop and
roll into balls. Roll in
3 Tbsp. finely
chopped fresh dill.

SPICED CRANBERRY With mixer, beat 1 brick (8 oz.) reduced-fat cream cheese, softened, with 8 oz. goat **cheese**, softened; 1/4 c. dried cranberries, finely chopped; and 1/8 tsp. ground **nutmeg.** By 2-Tbsp. portions, scoop and roll into balls. Roll in 3/4 c. dried cranberries, finely chopped, pressing to coat.

Refrigerate cheese balls at least 2 hrs. or up to 2 days. Let stand 15 min. at room temperature before serving. Serve with crackers or bread.



198

Court is in session! Sandra Day O'Connor becomes the inaugural woman to serve as a Supreme Court justice.

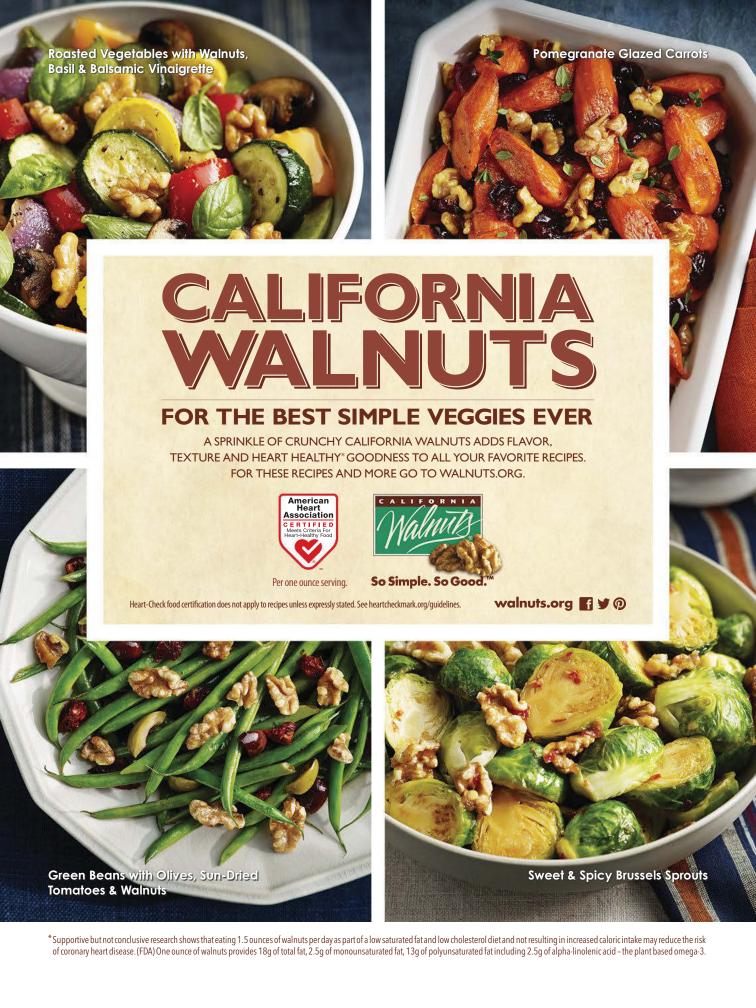


Sally Ride lifts off in the space shuttle *Challenger*, becoming the first American woman to fly in space.



1984

Gold-medal Olympic gymnast Mary Lou Retton is featured on a box of Wheaties. Take *that*, male athletes!



PREP 10 MINUTES **TOTAL 25 MINUTES** PLUS CHILLING

6 c. fresh or frozen cranherries 13/4 c. sugar 3 thin coins fresh unpeeled ginger 2 sticks cinnamon 31/4 c. cold water 1 c. ruby port 3 envelopes unflavored gelatin (7½ tsp.) Vegetable oil. for greasing

1. In 5- to 6-qt. saucepot, combine cranberries, sugar, ginger, cinnamon, $2\frac{1}{2}$ c. water and $\frac{3}{4}$ c. port. Heat to boiling on high. Reduce heat to maintain simmer; cook 10 to 15 min. or until most

cranberries pop.

Refrigerate overnight or up to 4 days. To remove from mold, place serving plate facedown on top of it and invert plate and mold together, then lift and remove mold. **SERVES 12** About 155 cals, 2 g protein, 36 g carbs, 5 mg sodium. stirring occasionally.

2. Meanwhile, to

sm. bowl, add ½ c.

water and sprinkle

Let stand 10 min.

decorative mold

Lightly grease

with oil

gelatin evenly over it.

Into Ig. bowl, strain

cranberry mixture

through fine-mesh

sieve, pressing on

liquid; discard solids.

Stir in gelatin mixture

until dissolved, then

solids to extract

stir in remaining

¼ c. port and ¼ c.

water. Pour liquid

into prepared mold.

Sweet Potato Croquettes

THEN In 1923, we ran a bread crumbencrusted croquette in our Thanksgiving menu. **NOW** We used panko to give our croquettes a lighter, crispier bite.

PREP 35 MINUTES TOTAL 50 MINUTES PLUS CHILLING AND FREEZING

- 2 med. sweet potatoes, peeled and cut into 1-in. chunks 2 Tbsp. melted butter
- 4 med. leaves sage, finely chopped
- 3 c. panko (Japanese bread crumbs), divided 1 la. eaa
- 1 qt. canola or vegetable oil Finely grated Parmesan and lemon peel, for serving
- 1. In Ig. saucepot of salted water, heat sweet potatoes to boiling on high. Reduce heat to maintain simmer; cook 10 min. or until tender. Drain well; return to pot. With potato masher, mash sweet potatoes with butter, sage, 1 c. panko and ½ tsp. each salt and pepper. Cool slightly; mash in egg. Refrigerate, uncovered, until cold and stiff, at least 5 hrs.

Citrus Whiskev Punch

THEN Our first punch, a concoction of lemons and green tea, dates back to our debut year, 1885! 2. Line lg. cookie **NOW** This time sheet with parcharound, we've spiced up the punch paper. By 2-Tbsp. bowl with cinnamoninfused simple syrup-perfect mixture; shape into for fall sipping. remaining 2 c. panko,

ment or waxed

portions, scoop

ovals and roll in

pressing to adhere.

cookie sheet. Freeze

5. In wide-bottomed

5- to 6-qt. saucepot,

heat oil on med.-high

until it reaches 325°F

mometer. In batches.

carefully add frozen

croquettes to hot oil.

on deep-fry ther-

Fry 3 to 4 min. or

set over lg. sheet

foil. Sprinkle with

pinch salt. Repeat

serve, sprinkle with

lemon peel. Makes

SERVES 12 About

185 cals, 3 g protein,

20 g carbs, 10 g fat

(2 g sat), 1 g fiber,

250 mg sodium.

with remaining

croquettes. To

Parmesan and

about 28.

until golden brown,

turning occasionally.

Transfer to wire rack

Arrange on lined

until stiff or up to

5 davs.

sweet potato

From about 15 lemons, with vegetable peeler, cut 8 long strips zest and squeeze 2½ c. juice. In 2-qt. saucepan, combine lemon-zest strips, 1½ c. sugar, 4 cinnamon sticks and 2 c. water: heat on med. until sugar dissolves, stirring. Remove from heat. Let stand 10 min. Remove and discard lemon zest. Refrigerate lemon syrup until cold. Remove and discard cinnamon sticks. In punch bowl or lg. pitcher, stir together lemon juice, syrup, 2 c. bourbon or **rye** and 1½ c. to 3 c. cold water. Serve immediately on ice, garnished with lemon twists and cinnamon sticks, or cover and refrigerate up to 3 days. Makes

Carmela Vitale receives a patent for the "pizza saver," a small three-legged device designed to keep the tops of pizza boxes from sagging



about 11 c.

At home with the O! Winfrey becomes the queen of daytime TV with the launch

of The Oprah Winfrey Show.

The World Wide Web is born, and a future filled with Facebook creeping and cat memes is finally within reach.

4028mdk09 (1985); Everett Collection (1986)



START WITH PURE FLAVORS. END WITH PURE GRATITUDE.

McCormick® Signature Pumpkin Pie with Vanilla Whipped Cream

1 can (15 oz.) pumpkin

1 can (14 oz.) sweetened condensed milk

2 eggs

1 tbsp. McCormick Pumpkin Pie Spice 1 tsp. McCormick Pure Vanilla Extract 1 frozen unbaked deep-dish pie crust (9-inch) **MIX** pumpkin, milk, eggs, pumpkin pie spice and vanilla in large bowl until smooth. Pour into pie crust on large foil-lined baking sheet.

BAKE in preheated 425°F oven 15 minutes. Reduce oven temperature to 350°F. Bake 40 minutes longer or until knife inserted 1 inch from crust comes out clean. Cool completely on wire rack. Serve with Vanilla Whipped Cream and sprinkle with additional pumpkin pie spice, if desired.

Makes 8 servings.

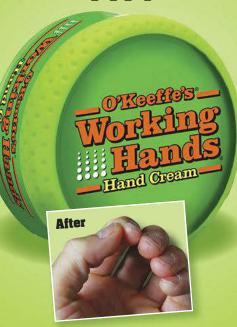
VANILLA WHIPPED CREAM: Beat 1 cup heavy cream, 1/4 cup confectioners' sugar and 1 tsp. McCormick Pure Vanilla Extract in medium bowl with electric mixer on high speed until stiff peaks form.

At McCormick, we believe pure tastes better. That's why our herbs and spices have no added fillers. Just 100% pure flavor. For more great-tasting recipes, visit mccormick.com

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Representative photos: Before and after hand images from one week usage period. Cream was applied before bed and three times daily. Results may vary



"Succotash" Kale Salad

THEN The classic
Southern side first
appeared in an August
1886 column on new
ways to cook seasonal
veggies. NOW Fresh
corn is in supermarkets year-round, so
we're bringing the
side back—with
edamame, bacon
and kale in the mix.

PREP 20 MINUTES TOTAL 40 MINUTES

8 oz. bacon, chopped 3 Tbsp. olive oil 1 lg. shallot, thinly sliced 12 oz. tomatoes, chopped ½ c. sherry vinegar 2 Tbsp. Dijon mustard 1 lg. bunch kale,

- tough stems and ribs removed, chopped 3 c. fresh or frozen
- (thawed) corn kernels 2 c. frozen (thawed)
- shelled edamame
- 1. In 12-in. skillet, cook bacon on med. 8 to 10 min. or until bacon is crisp and fat has rendered, stirring occasionally. With slotted spoon,

transfer to plate. To skillet, add oil and shallot. Cook 2 min. or until shallot has softened. Add tomatoes and ½ tsp. salt. Cook 5 min. or until tomatoes have softened, stirring occasionally.

2. Transfer contents of skillet to blender. Add vinegar and mustard; puree until smooth. Toss kale, corn, bacon and edamame with enough dressing to coat; let stand 15 min. Serve with remaining dressing on the side.

SERVES 12 About 145 cals, 7 g protein, 12 g carbs, 8 g fat (2 g sat), 3 g fiber, 215 mg sodium.



1991

Burt's Bees creates buzz in the beauty industry with the release of its nowfamous hydrating lip balm in its signature yellow tube.



1994

Friends premieres, and over the next 10 seasons, Joey, Chandler, Monica, Rachel, Ross and Phoebe become the squad we wish we had.

Croissant Mushroom Stuffing

THEN In the early 1960s, French cuisine was a big influence: A French chef was in the White House. Julia Child's Mastering the Art of French Cooking was an instant classic and we were even tackling beef bourguignon in the GH Test Kitchen. **NOW** This decadent. buttery croissant stuffing is our homage to France.

PREP 30 MINUTES TOTAL 1 HOUR 10 MINUTES

- 8 to 10 croissants, torn into bite-size pieces (about 14 c.)
- 2 Tbsp. olive oil 5 med. stalks celery,
- finely chopped

 1 lg. onion, finely
- chopped
 1 Tbsp. fresh thyme leaves, chopped
- 12 oz. cremini mushrooms, chopped
- 3 lg. eggs, lightly beaten
- 1/2 c. packed fresh parsley leaves, chopped

½ tsp. sugar

1. Preheat oven to 350°F. Arrange croissants on 2 rimmed baking sheets in single layer. Bake 10 to 15 min. or until golden and crisp. Remove from oven; reset oven temperature to 400°F. Grease 2½-qt. baking dish. 2. Meanwhile, in 7- to 8-qt. saucepot, heat oil on med. Add celery, onion, thyme and ½ tsp. salt; cook 10 to 15 min. or until beginning to soften. stirring occasionally.

occasionally. Remove from heat. 5. To pot with vegetables, add croissants, eggs, parsley, sugar and ½ tsp. salt. folding until well combined. Transfer to prepared baking dish. Bake, covered, 20 min. Uncover: bake another 10 min. or until deep golden brown and crisp on top.

SERVES 12 About 285 cals, 7 g protein, 29 g carbs, 15 g fat (7 g sat), 2 g fiber, 495 mg sodium.



1994

Grab your tool belt! Viewers get hammering, painting and fixing, thanks to the launch of the HGTV channel.



1994

The Violence Against Women Act provides services and a 24-hour hotline for victims of sexual and domestic violence.

Add mushrooms; cook 10 min., stirring



1997

Google.com is officially registered as a domain name. Later, "Google" becomes a verb (and lifestyle) all its own.



Change up your routine with my line up of new Flavored Grains. With unique ingredients like quinoa and orzo it's easy to make your favorite meals even more exciting.

Find my favorite meal ideas at UncleBens.com

GOOD TO GO



WHERE WE'VE BEEN!

This August, Good Housekeeping hit the road in our vintage Seal Mobile, stopping to spend the day at the Cape May Craft Beer and Crab Festival at the Jersey Shore. Attendees enjoyed great food, delicious brews, and entertainment for the whole family—everything from live music to circus lessons for the kids—all to benefit a great cause. Plus, everyone who visited the Seal Mobile walked away with great giveaways and free samples from our sponsors!

THANK YOU TO OUR SEAL MOBILE SPONSORS:

















Pimiento-Cheese <u>Green Beans</u>

THEN During the Great Depression, canned vegetables were advertised in nearly every issue of GH. A dish made from canned lima beans, pimientos and cheese was on our 1933 Thanksgiving menu. NOW We've kept the pimientos but opted for fresh green beans and a rich Cheddar sauce.

TOTAL 35 MINUTES

- 2½ lbs. green beans, trimmed and cut into 2-in. lengths
- 2 c. fresh or frozen corn kernels
- 4 Tbsp. butter
- 3 Tbsp. grated onion 5 Tbsp. all-purpose flour
- 2 c. whole milk 12 oz. sharp Cheddar
- 12 oz. sharp Cheddai cheese, finely grated 2 jars (3 oz. each)
- 2 jars (3 oz. each) chopped or sliced pimientos, drained
- 1 Tbsp. hot pepper sauce (Tabasco)
- 2 tsp. Worcestershire sauce

saucepot of salted boiling water, add green beans: cook 3 min. or until just tender. Add corn: cook 1 min. Drain well: set aside. 2. In 6-qt. saucepot, cook butter and onion on med. 3 min. or until onion becomes translucent, stirring occasionally. Sprinkle flour over onion. Cook 1 min.. stirring. Slowly whisk in milk until smooth. Heat to simmering on high, whisking occasionally. Reduce heat to maintain simmer: cook 1 to 2 min. or until thickened, stirring. 3. By handfuls, stir Cheddar into milk mixture until smooth. Stir in pimientos. hot pepper sauce, Worcestershire sauce, ¼ tsp. black pepper and ½ tsp.

1. To 7- to 8-qt.

SERVES 12 About 235 cals, 10 g protein, 17 g carbs, 15 g fat (9 g sat), 3 g fiber, 375 mg sodium.

salt. Add green beans

and corn to cheese

sauce, stirring until

to serving dish.

well coated. Transfer

Getty Images (1



1998

Sex and the City premieres, and women everywhere want a closet like Carrie's. Manolo Blahnik and Jimmy Choo become household names



2.000

Spanx, whose shapewear is the modern-day answer to the girdle, is founded in Georgia by Sara Blakely. Our lumpy bits thank you, Sara!



Roasted Sweet & Sour Brussels Sprouts

THEN Asian fusion was hot in the 1980s, and we added sweet-and-sour sauce to everything from veggies to chicken.

NOW Sweet and tangy balsamic vinegar is the surprise ingredient in this Chinese-inspired side.

PREP 10 MINUTES TOTAL 35 MINUTES

3 lbs. Brussels sprouts, trimmed and halved 2 Tbsp. olive oil 1/4 c. lower-sodium soy sauce 1/4 c. balsamic vinegar 1/4 c. brown sugar 1/2 tsp. ground ginger 1/4 c. loosely packed fresh parsley leaves, finely

chopped

1. Preheat oven to 450°F. On 2 lg. rimmed baking sheets, toss sprouts with oil; spread out in single layers. Roast 20 to 25 min. or until deep golden brown, stirring and rotating sheets on oven racks halfway through. 2. Meanwhile, in 2-qt. saucepan, heat soy sauce, vinegar, brown sugar, ginger and ¼ tsp. black pepper to boiling on med.-high. Reduce heat to maintain simmer; simmer 12 to 15 min. or until syrupy. Remove from heat. Toss sprouts with parsley and enough sauce to coat. Serve remaining sauce on the side.

SERVES 12 About 90 cals, 4 g protein, 15 g carbs, 3 g fat, 4 g fiber, 210 mg sodium.





Double Chocolate **Bundt**

THEN We were cakeobsessed in 1952, when our November issue featured not one, not two, but three chocolate cakes. NOW In this tribute, coffee amps up the cocoa, and buttermilk makes slices nice and moist.

PREP 25 MINUTES **TOTAL 1 HOUR 15 MINUTES** PLUS COOLING

CAKE

1 c. unsweetened cocoa, divided 21/4 c. all-purpose flour 134 c. granulated sugar 2 tsp. baking soda 1 tsp. baking powder 1 tsp. salt 1 c. buttermilk 1 c. strong coffee, cold ²/₃ c. vegetable oil 2 lg. eggs 1½ tsp. vanilla extract

GLAZE

1/8 tsp. salt

chocolate, melted 4 Tbsp. butter, melted ¼ c. confectioners' sugar 1/4 c. sour cream 2 Tbsp. strong coffee, ¼ tsp. vanilla extract

3 oz. semisweet

1 Prepare Cake: Preheat oven to 350°F. Generously grease 12-c. Bundt pan; dust with ¼ c. cocoa. Into Ig. bowl, sift flour, sugar, baking soda, baking powder, salt and remaining 3/4 c. cocoa. 2. In med. bowl, with mixer on med. speed, beat buttermilk, coffee, oil, eggs and vanilla until smooth. Gradually beat flour mixture into buttermilk mixture just until blended. Transfer to prepared Bundt pan. Bake 45 to 55 min. or until toothpick inserted comes out clean.

Cool completely in pan on wire rack. Loosen sides with offset spatula. Invert onto wire rack and remove pan.

Prepare Glaze: In med. bowl, whisk chocolate and butter. Add confectioners' sugar, sour cream, coffee, vanilla and salt; stir until smooth. Pour over chocolate cake. Let stand at room temperature until set, about 4 hrs.

SERVES 16 About 335 cals, 5 g protein, 44 g carbs, 17 g fat (5 g sat), 3 g fiber, 405 mg sodium.



What wrinkles? Botox Cosmetic is approved to treat frown lines. Fillers like Restylane and Juvéderm follow shortly afterward.



2003

The Human Genome Project, which set out to produce a reference sequence of human DNA, finishes two years ahead of schedule - overachievers.



Marcia Kadish and Tanya McCloskey of Malden, MA. become the first ever same-sex pair to be legally married in the U.S.



Pumpkin Spice Cake

THEN Meringue has been a confection since as early as the 1600s. NOW We love it more than ever and it makes even the most uneven cake look perfect!

PREP 40 MINUTES TOTAL 1 HOUR 20 MINUTES

CAKE

3 c. all-purpose flour

1 Tbsp. pumpkin pie spice

2 tsp. baking powder

1 tsp. baking soda ½ tsp. salt

1 can (15 oz.) pure pumpkin

¼ c. molasses (not blackstrap)

2 tsp. vanilla extract 1¾ c. granulated

sugar 1 c. (2 sticks) butter,

softened 4 lg. eggs

CREAM CHEESE FILLING

2 bricks (8 oz. each) cream cheese, softened

6 Tbsp. butter, softened

1 c. confectioners' sugar

1/8 tsp. salt

FLUFFY WHITE FROSTING 3 lg. egg whites,

room temperature 1 c. granulated sugar ¼ c. water 1 tsp. light corn syrup 1/4 tsp. cream of tartar

Preheat oven to 350°F. Grease three 8-in. cake pans. Line bottoms with parchment paper; grease paper. Dust pans with flour. In med. bowl, whisk flour, pumpkin pie spice, baking powder, baking soda and salt. In another med. bowl, stir pumpkin, molasses and vanilla. 2. With mixer on med. butter until well

Prepare Cake:

speed, beat sugar and blended and creamy, scraping side of bowl as needed. With mixer on low speed, beat in eggs, one at a time. Add flour mixture and pumpkin mixture, alternating. Beat until just smooth, scraping down side of bowl as needed. Divide batter evenly among prepared cake pans. Bake 30 to 35 min. or until toothpick inserted into centers comes out clean.

Cool on wire rack 10 min. Loosen sides of cake with offset spatula. Invert cakes onto wire rack; cool completely. 4. Prepare Cream

Cheese Filling: With mixer on med. speed, beat cream cheese and butter until fluffy. Beat in confectioners' sugar and salt until blended.

5. Prepare Fluffy White Frosting: In 4-qt. saucepan, heat 1 in. water to simmering on high. Reduce heat to med. Place med. stainless steel bowl on top of pan. With hand mixer on high speed, beat egg whites, sugar, water, corn syrup and cream of tartar until soft peaks form and temperature reaches 160°F on candy thermometer, about 5 to 7 min. Carefully remove bowl from pan. Continue beating another 5 to 10 min. or until stiff peaks form.

6. Assemble Cake: Place 1 cake layer on cake plate; spread with half of Cream Cheese Filling. Repeat with second cake layer and remaining filling. Top with final cake layer. Spread Fluffy White Frosting over sides and top of cake. Toast frosting with culinary torch if desired.

SERVES 16 About 535 cals, 7 g protein, 68 g carbs, 27 g fat (16 g sat), 2 g fiber, 500 mg sodium.



Everyone's favorite besties, Tina Fey and Amy Poehler, become the first female duo to anchor SNL's "Weekend Update." Hilarity ensues.



Etsy is founded, making it easier than ever to shop for handmade artisanal goods. Even if you're not a crafter. you can now live like one



Dove launches its first Real Beauty video, encouraging women to love their freckles. weight, scars and more.



Cheesecake
Mini Trifles
THEN Our 1990

THEN Our 1990 T-Day menu featured a whopping nine desserts, including a luscious pumpkin cheesecake. NOW We've reimag-

now We've reimagined the cake as individual trifles for a modern dessert bar.

PREP 25 MINUTES TOTAL 40 MINUTES PLUS CHILLING

1 brick (8 oz.) cream cheese, softened
½ c. packed dark brown sugar
1 can (15 oz.) pure pumpkin
1½ tsp. vanilla extract
1 tsp. pumpkin pie spice
2 c. heavy cream, cold

2 Tbsp. plus ½ c. granulated sugar 2 c. crumbled ginger cookies or graham crackers

11/4 c. chopped candied nuts

1. With mixer on med speed., beat cream cheese until fluffy. Gradually beat in brown sugar until smooth. Add pumpkin, vanilla and pumpkin pie spice. Mix until smooth, scraping side of bowl as needed; set aside. In separate bowl, with mixer on med.-high speed, beat cream until soft peaks form. Gradually beat in 2 Tbsp. granulated sugar until stiff peaks form. 2 In med. bowl,

combine cookies and 1 c. chopped nuts; divide half among 8 parfait glasses. Divide half of pumpkin mixture among glasses, followed by half

of whipped cream.

Repeat layering of

cookies, pumpkin and whipped cream. Cover and refrigerate at least 3 hrs. or up to 1 day.

Line cookie sheet with foil. Spray foil with nonstick cooking spray. In sm. saucepan, heat 2 Tbsp. water and remaining ½ c. granulated sugar to boiling on med.-high; cook until golden. Working quickly, stir in remaining 1/4 c. nuts, then spread mixture onto prepared foil in thin layer. Cool completely. Break into sm. shards. To serve trifles, garnish with brittle.

SERVES 8 About 660 cals, 7 g protein, 61 g carbs, 45 g fat (21 g sat), 4 g fiber, 305 mg sodium.



Cranberry Frangipane Tarts

THEN In November
1915, we featured a
cranberry pie with
almond extract and
urged readers to eat
cranberries "in a variety
of tempting ways."
NOW For our mini
tarts, almond paste
replaces the extract in

PREP 1 HOUR 15 MINUTES TOTAL 2 HOURS 15 MINUTES PLUS CHILLING AND COOLING

a sweet, nutty filling.

6 c. (24. oz.) fresh cranberries 4 (3-in.) strips orange zest ½ tsp. ground

cinnamon 1 c. plus ¾ c. sugar 2 recipes 2-Pie

Pastry (page 164)
2 tubes or cans
(7 to 8 oz. each)
almond paste,
crumbled

½ c. (1 stick) butter, softened

½ tsp. salt 4 lg. eggs

4 tsp. vanilla extract

½ c. all-purpose flour

1. Preheat oven to 375°F. In Ig. saucepan, combine half of cranberries; orange zest; cinnamon; and 1 c. sugar. Cook on med. 8 to 10 min. or until some berries have burst; stir in remaining berries. Chill until cold.

2. On floured

surface, with floured rolling pin, roll one disk pastry to ½-in.-thick oblong. Cut out three 6-in. circles. Tuck each circle into 4.5-in. tart pan (see GH Pick, page 164) with removable bottom. Trim excess pastry. Repeat with remaining pastry and 9 more pans.

3. Place pans on

Ig. cookie sheets; freeze 20 min. Line each with parchment; fill with pie weights or dried beans. Bake 12 min. or until dry. Remove parchment and weights. Bake another 8 to 10 min. or until just golden.

Meanwhile, in

food processor, pulse almond paste, butter, salt and remaining 3/3 c. sugar until combined. Pulse in eggs and vanilla until smooth. Pulse in flour until just combined. Pour filling into warm tart shells. Bake 18 to 20 min. or until top is golden and set. Cool completely on wire rack. To serve, discard zest from cranberry mixture, then divide among tarts.

SERVES 12 About 610 cals, 8 g protein, 90 g carbs, 28 g fat (10 g sat), 4 g fiber, 360 mg sodium.



2006

Home sweet home. The Hearst Tower is completed, melding the styles of Joseph Urban's Art Deco and Norman Foster's Modernism.



2007

After keeping the rumor mill buzzing, Apple CEO Steve Jobs debuts the firstgeneration iPhone in January.



2007

Netflix offers streaming services, letting members watch TV shows and movies from their laptops. Productivity plummets.







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Very Berry Apple Pie

THEN A recipe for Bumbleberry Pie ran in 1998 with a jumble of berries (hence the name) and cherries in the filling. **NOW** This time around, we used apples to balance the tart cranberries.

PDFD 55 MINITIES **TOTAL 1 HOUR 50 MINUTES**

1 recipe 2-Pie Pastry (right) 2 Gala or Fuji apples, peeled, cored and finely chopped 3 c. (12 oz.) cranberries 11/4 c. granulated sugar $\frac{1}{2}$ tsp. ground cinnamon 1/4 tsp. ground ginger 1 c. (5 oz.) frozen blueberries

1 c. (4 oz.) frozen

raspberries

1 lg. egg yolk

¼ c. cornstarch

1 Tbsp. heavy cream

3 Tbsp. coarse sugar

1. Preheat oven to 400°F. On floured surface, with lightly floured rolling pin, roll one disk pastry into 12-in. circle. Transfer to 9-in. pie plate. Trim excess

dough. Fold dough rim under; crimp as desired. Line crust with parchment paper; fill with pie weights or dried beans. Bake 15 min. or until bottom is slightly dry. Remove parchment and weights. Bake 10 min. or until golden; remove from oven. Reduce temperature to 375°F.

Roll remaining disk into 10-in. circle. With floured leaf-shaped cutters, cut out shapes from dough. Freeze cutouts on waxed-paper-lined plate or cookie sheet while making filling. Make filling:

In 5-qt. saucepot, combine apples, cranberries, sugar, cinnamon, ginger and pinch salt. Simmer on med. 10 to 15 min. or until most cranberries burst, stirring occasionally. Remove from heat. To cranberry mixture, add blueberries. raspberries and

cornstarch. Place pie shell on rimmed baking sheet. Add filling; spread evenly. 4. In sm. bowl, whisk cream and egg yolk. Arrange cutouts all over top of pie. Brush shapes with cream mixture; sprinkle with coarse sugar. Bake 1 hr. to 1 hr. 15 min. or until crust is deep golden brown and filling is bubbly.

SERVES 12 About 370 cals, 4 g protein, 53 g carbs, 17 g fat (8 g sat), 3 g fiber, 185 mg sodium.

2-Pie Pastry

2½ c. all-purpose flour ½ tsp. salt 10 Tbsp. butter, cut up and very cold 6 Tbsp. trans-fat free shortening 7 to 9 Tbsp. ice water

In food processor. pulse flour and salt until combined. Add butter and shortening; pulse until coarse crumbs form. Drizzle in 5 Tbsp. ice water, a few tablespoons at a time, pulsing between additions. Add another 2 to 4 Tbsp. ice water, 1 Tbsp. at a time, until dough just comes together when squeezed. Transfer to work surface. Shape into 2 disks. Flatten and wrap each tightly in plastic. Refrigerate at least 30 min. or up to 2 days. Makes two crusts for tarts or pies.



Spiced Pumpkin Tarts

THEN We debuted our favorite pumpkin pie in 1946. **NOW** We kept the shortening in the crust for flakiness and added fresh ginger for a major flavor boost.

PREP 1 HOUR 10 MINUTES TOTAL 1 HOUR 45 MINUTES PLUS CHILLING

2 recipes 2-Pie Pastry (left) 1 can (28 oz.) pure pumpkin 1 tsp. grated peeled fresh ginger 4 lg. eggs 1 c. brown sugar ½ c. granulated sugar 2 tsp. pumpkin pie spice 1 tsp. salt

11/2 c. heavy cream 1½ c. whole milk 1. Preheat oven to

400°F. On floured surface, with lightly floured rolling pin, roll one disk pastry to 1/8-in.-thick oblong. Cut out three 6-in, circles. Tuck each circle into one 4.5-in. tart pan with removable bottom (see GH Pick at right). Trim excess pastry. Repeat with remaining disks pastry and 9 more tart pans.

Place pans on Ig. cookie sheets; freeze 20 min. Line each with parchment; fill with pie weights or dried beans. Bake 12 min. or until dry. Remove parchment and weights. Bake another 8 to 10 min. or until just golden. Transfer to wire rack. 3. In 4-qt. saucepan, cook pumpkin and ginger on med.-high about 10 min. or until mixture is dry and pasty, stirring often. Remove from heat. 4. In Ig. bowl, whisk eggs, sugars, pie spice and salt until smooth. Whisk in cream and milk. Pour mixture into pot with pumpkin. Whisk until smooth; ladle into tart shells. 5. Bake 20 to 25 min. or until edges are set but

SERVES 12 About 630 cals, 9 g protein, 51 g carbs, 38 g fat (20 g sat), 2 g fiber, 460 mg sodium.

centers are still jiggly.

Cool completely

on wire rack.

GH PICK: We used nonstick mini (4.5-in.) tart pans with removable bottoms from nycake.com, \$4.





Barack Obama makes history as the first African-American President of the United States, Yes, he can!



The International Agency for Research on Cancer (IARC)

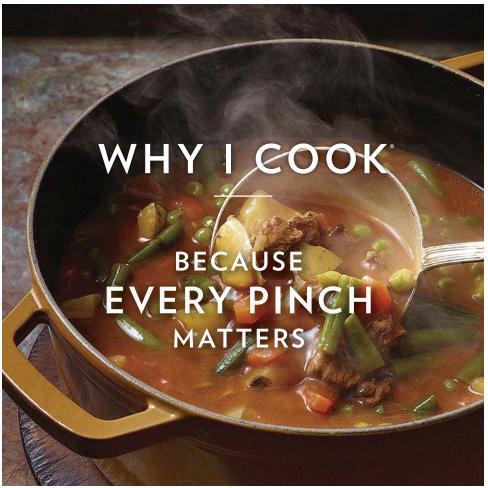


Pinterest goes live. Users flood the site to digitally "pin" home decor, DIY projects, outfits and recipes to inspiration boards.













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Salted Caramel Pears

In sm. saucepan, heat 1 c. sugar on med., stirring occasionally until sugar dissolves. Increase heat to high; cook until caramel turns amber (this will happen quickly). Remove from heat; carefully stir in ½ c. heavy cream until smooth. Stir in 1 Tbsp. butter. Dip 6 pears, one at a time, into caramel. Sprinkle with flaky sea salt (or coarse sugar) and place on parchment to set.

Chimichurri Cauliflower "Steaks"

(from *Your Body,* page 128)

PREP 5 MINUTES TOTAL 20 MINUTES

- 1 lg. head cauliflower 1 tsp. ground cumin
- 5 Tbsp. canola oil ¼ c. loosely packed
- cilantro, finely chopped
- 1/4 c. loosely packed parsley, finely chopped
- 3 Tbsp. red wine vinegar
- 1 sm. clove garlic, crushed with press
- 1 jalapeño chile, seeded and finely chopped
- 1. Cut 2 slices from center of cauliflower (each about 1 in. thick); reserve remaining cauliflower for another use.
- 2. Combine cumin and 1 Tbsp. canola oil



and brush all over cauliflower slices; sprinkle with ¼ tsp. salt.

5. In 12-in. oven-safe skillet, heat 2 Tbsp. oil on med.-high until hot. Add cauliflower; cook 3 min. Turn slices over. Place skillet in 425°F oven; roast 15 to 20 min. or until stem is tender.

4. Meanwhile, stir together cilantro, parsley, vinegar, garlic, jalapeño, remaining 2 Tbsp. oil and ½ tsp. salt. Serve "steaks" with herb sauce.

SERVES 2 About 310 cals, 4 g protein, 12 g carbs, 29 g fat (2 g sat), 5 g fiber, 505 mg sodium.

Seasoned Butters (from Popovers, page 77):

Beat ¾ c. (1½ sticks) softened butter with choice of:



SWEET CINNAMON

¼ c. dark brown sugar +

½ tsp. ground cinnamon



LEMON-CHIVE
1 Tbsp. snipped fresh
chives + 1 tsp. grated
lemon zest + 1/8 tsp.
black pepper



ROSEMARY-GARLIC 2 cloves garlic, crushed with press + 1 Tbsp. fresh rosemary, finely chopped, all cooked in 1 Tbsp. olive oil until garlic is golden



2010

Instagram launches, turning everyone with an iPhone into an artist. Follow us @goodhousekeeping 69



2011

Fairy-tale duo Prince William and Kate Middleton get hitched in the wedding watched around the world. All together now: "Awwww!"



2011

The "don't ask, don't tell" policy, which previously banned openness about homosexuality in the military, is officially repealed.

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↑*AlphaImpactRx ProVoice™ Survey, Jan 2005 - Mar 2015. ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.

fun project

Festive Paper Feathers

- **1.** Cut out feather shapes from thick, colorful card stock (you can use our pattern, *left*). Make small cuts (about 1/8 inch wide) on an angle around perimeter of each to create the texture of a feather.
- **2.** Finish by coating tips in metallic paint or glue sprinkled with glitter.

NOVEMBER SWEEPSTAKES

THANKSGIVING PIER 1 IMPORTS GOOD HOUSEKEEPING SWEEPSTAKES (page 10)

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NOVEMBER BEAUTY LOOT SWEEPSTAKES (page 24), FRIGIDAIRE PROFESSIONAL ELECTRIC RANGE SWEEPSTAKES (page 110)

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2012

For the first time, each of the 204 competing nations at the Summer Olympics (in London) is represented by both male and female athletes.



2013

Dominique Ansel introduces the Cronut (croissant + donut). Everyone on your Instagram feed proceeds to snap a shot of one.



2013

Sheryl Sandberg, COO of Facebook, publishes her book *Lean In*, whose title quickly becomes a motto for working women everywhere.



Sweet cream to top it off!

Ginger snaps add a crunch.

Your pumpkin flavor fix.



1 cup heavy cream, cold
2 tbsp + 1/3 cup Domino®
Granulated Sugar, divided
1 tsp vanilla extract
4 oz. brick cream cheese,
softened at room temperature
1/2 cup canned pumpkin purée
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp ground ginger

Pour heavy cream into a cold stainless steel bowl and beat with an electric mixer until it begins to thicken. Slowly add 2 tbsp Domino® Granulated Sugar and vanilla extract. Continue beating until cream forms soft peaks. Place in refrigerator.

In another large bowl, beat cream cheese. Slowly add 1/3 cup Domino® Granulated Sugar; mix until smooth. Add pumpkin, cinnamon, nutmeg and ginger until combined. Gently fold in 1/3 portion of the whipped cream into the pumpkin mixture.

Assemble the parfaits by layering the crushed cookies, pumpkin mixture and whipped cream. Repeat once or twice depending on the size of the glass. Garnish with cookie crumbs, if desired.

Yields 1 1/2 cups pumpkin filling plus 1 1/2 cups whipped cream. Makes (4) 8 oz. or (8) 4 oz. servings.

* Find our ginger snap cookie recipe at dominosugar.com



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GOOD HOUSEKEEPING

FAMILY*ROM



THAT'S GENIUS!

 $\overline{Cake\ Hacks}$

These Pinterest-worthy decorating ideas from the GH Test Kitchen take the cake...and we invite you to take full credit for them. Happy pinning!

more cake fun

NO-BAKE **SNAKE**

This serpent has a secret: He's made from crisped-rice cereal treats. Sssssweet!





step one

Press a batch of marshmallow crispies into greased 9-in. round springform pan.

step two

When cool, cut 4-in. circle (trace around 28-oz. can) from pan's center.



step three

Separate and arrange into a snake, connecting the two macaroni-shaped pieces as shown.
Slice off sides of circle as shown to form the head.

step four

Frost (we like
Pillsbury Creamy
Supreme, \$3)
and decorate:
marshmallows and
M&M's for eyes, fruit
leather for the tongue.
And if you dig it,
crush chocolate
wafers for "dirt."



Olivia Dress, \$45, gymboree.com

party pretty

DRESS LIKE A TV STAR

Your family's favorite show, *Olivia*, comes to life with a new collection from Gymboree. The look-alike dresses and outfits are perfect for partying...or binge-streaming.

3 more ways to go hog-wild

Get this movie magic on DVD or Blu-Ray or via download.



MINIONS

More little yellow dudes! The scene-stealers from Despicable Me get their own movie. December 8.



INSIDE OUT

A little girl's emotions come to life. Parents, you might like this even more than your kids will. *November 3.*



SHAUN THE SHEEP MOVIE

Ewe and the gang wool love this story about a baaad sheep who lets loose in the Big City. *November 24.*



2014

At 17, Malala Yousafzai is the youngest person ever to win a Nobel Peace Prize. She vows to continue her fight to bring education to girls.



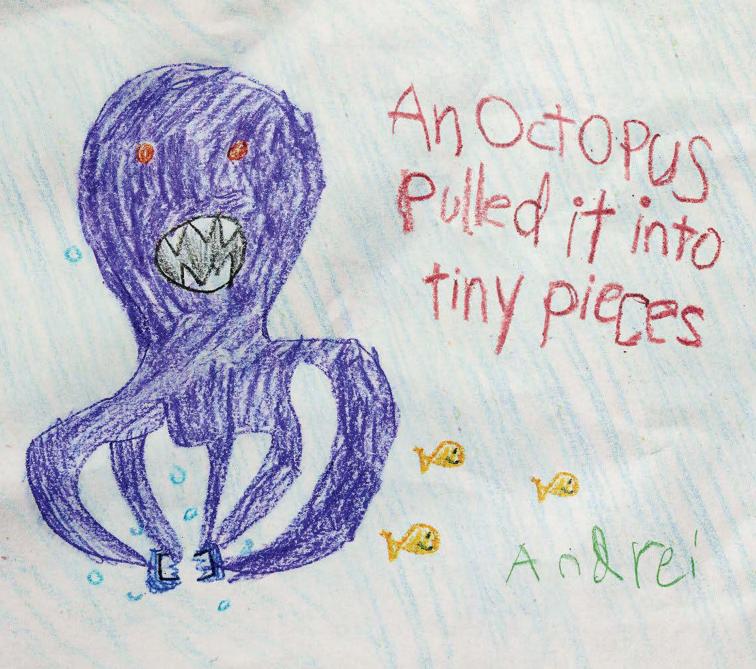
2.014

How do we look?! Good Housekeeping undergoes a brand refresh, modernizing a well-loved American classic.



2015

In a landmark ruling, SCOTUS proclaims that same-sex marriage is legal across all 50 states. #LoveWins



With our worry-free guarantee, we'll replace it no matter how they say it broke.

The Fire Kids Edition tablet comes with a "no questions asked" 2-year guarantee, so you can send it in and get a replacement if it breaks—even if an octopus is to blame.

1-Year of Amazon FreeTime Unlimited Over 10,000 Kid-Friendly Titles Parental Controls \$99.99



Engineered by amazon



Go for tea, leave with a kitty. Cat cafés, spots to hang with adoptable felines, are having (another) moment. Time to embrace your inner cat lady

THROWBACK

1993



THEN GH published a story about a cageless shelter where visitors could snuggle with freeroaming cats. NOW We still love our pets—so much so that we dedicate a page each month to fur babies!



chow time

PUPCAKES

Let Fido get in on the birthday fun with these dog-friendly (no chocolate) treats from blogger Crystal & Co.

CUPCAKES

- 1 c. all-purpose flour 1 lg. carrot, shredded
- ⅓ c. honey
- 1/4 c. organic peanut butter without xylitol
- $\frac{1}{4}$ c. vegetable oil
- 1 lg. egg
- 1 tsp. baking soda

FROSTING

- 4 oz. cream cheese, softened ½ c. organic peanut butter 1 Tbsp. honey
- 1. Preheat oven to 350°F. With mixer on med. speed, beat cupcake ingredients until well-combined (mixture will be thick).
- 2. Line 12 standard muffin-pan cups with liners; divide batter among prepared cups. Bake 25 min. or until toothpick inserted into centers comes out clean. Transfer cupcakes from pan to wire rack to cool.
- 3. Meanwhile, with mixer on med.-high, beat ingredients for frosting until smooth; spread on cooled cupcakes. Decorate each cupcake with sm. Milk-Bone dog treat. Our four-legged testers gobbled these up, so be sure to remove the paper liners before feeding.

M

DENVER

If a bookstore, an art studio and an animal-rescue organization joined forces, it would look like **Denver Cat Co.** Check out work from local artists between petting sessions, or browse books for sale in its library. **denvercatco.com**



WASHINGTON, DC

Spots at **Crumbs & Whiskers** tend to fill up fast (it's the cat's pajamas), so book an appointment online in advance. All cats are adoptable from the Washington Humane Society. **crumbsand whiskers.com**



SAN FRANCISCO

Inspired by traditional Japanese tea ceremonies, **KitTea** serves specialty brews from a sustainable farm in Kyoto. Sip, stroke a kitty and totally Zen out. **kitteasf.com**

#GHSEALOFCUTE



GOODHOUSEKEEPING

• (

"It's my birthday; throw me a bone!"

ROUXMAGNOLIA

YOUR PIC HERE! Tag your pet's ridiculously adorable moments with #GHSealofCute on Instagram, Facebook or Twitter, and a photo of your furry or feathered (or even finny!) friend could appear in a future issue of Good Housekeeping!



2015

Caitlyn Jenner speaks publicly as a transgender advocate for the first time since completing her gender transition.



2.015

Score! The U.S. Women's Team wins the FIFA World Cup (against Japan) for the first time since 1999.



2.015

Our big 1-3-0! Show us on social media how you're celebrating *Good Housekeeping* through the years with #thatsgoodhousekeeping.



For most cat parents, the biggest factor in choosing a cat litter is odor control. That's why BLUE Naturally Fresh® is made from walnut shells. In lab tests, Naturally Fresh proved to neutralize odor better than litters made of pine, wheat, corn or clay.*

And when it comes to absorption, our walnut shell litter also proved superior. In fact, because BLUE Naturally Fresh Quick-Clumping litter has up to 3x better absorbency, one bag of Naturally Fresh can last as long as three bags of the leading clay litter.*

What's more, BLUE Naturally Fresh is:

- Harder clumping*
- Low tracking
- Virtually dust-free

 All-natural, annually renewable, and biodegradable[†]

Open your heart & home this holiday

Adopt a pet near you at home4theholidays.org/locations



Lasts Longer

Absorption*

with 3x Better

NaturallyFreshLitter.com

Available in Quick-Clumping, Multi-Cat, Non-Clumping Pellet, Alpine Meadow, Herbal Attraction, Ultra Odor Control and Kitten Natural Training formulas.

*In separate independent studies commissioned by Blue Buffalo, BLUE Naturally Fresh Quick-Clumping litter was found to: (i) have a liquid absorption capacity at least three times greater per ounce than the leading clay-based litter; (ii) control ammonia odors better than the leading clumping litters; and (iii) form harder clumps than the leading pine, com and wheat clumping litters. †BLUE Naturally Fresh litter is biodegradable if composted or disposed of in a similar fashion. Landfill disposal of litter in plastic bags is not conducive to biodegradation.



GOOD HOUSEKEEPING

AUGUST 1967

new york, new york

THEN We caught up with Audrey Hepburn on the set of her movie Wait Until Dark, sitting on a pier with Manhattan as the backdrop. **NOW** Since then, we've lost our star, and the world—along with this iconic skyline—has changed dramatically. A year ago this month, we welcomed the new One World Trade Center as a beacon of remembrance and hope. #neverforget

In a profession noted for low boiling points and high dudgeons, Audrey Hepburn has a difficult reputation to live up to: everybody loves and respects her.

fidie man-

When she appeared on the set in New York recently for the first day of shooting on her new movie, Wait Until Dark, she was warmly greeted.

But something seemed wrong. The glowing Hepburn smile was there; her slim hand went out in welcome as graciously as ever. But the dark, gaminish eyes that have enchanted audiences from Alaska to Zanzibar took on a glazed, unseeing look.

Few had stopped to realize that Audrey plays a blind girl in the film and that she had already immersed herself in her challenging role. She had been to The Lighthouse for the Blind, talked with authorities, watched the behavior of those about her. She had even





The real Andrey Hepburn is an animated creature with a nature as playful as a frisky deer, a young wife and mother to thom being a movie star is incidental. In the photographs on these two pages, she wears some of her own clothes, the things she feels best in when she is being herself and not performing for the camera.

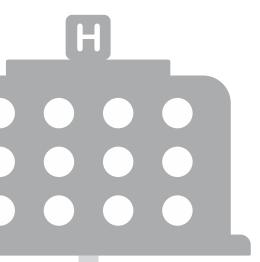
BY LEONHARD DOWTY

85











With nearly 100 years of experience, now Cardinal Health offers hospital-quality products for your home-sweet-home.



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